



Growth Mindset, Lesson A

Students will be able to:

Explain how the brain changes & becomes even stronger

Materials

Projector; internet access.

Introduction

Khan Academy and PERTS, Stanford University's applied research center on academic mindsets, have collaborated to create a lesson plan about developing intelligence.

Key points? "The brain is malleable, and doing challenging work is the best way to make the brain stronger and smarter."

This is the first of 2 Advisory sessions on developing "growth mindsets."

Activity 1: Videos & Debrief

"View either (or both!) of these videos with your class to begin a discussion about the brain's malleability.

"Watch ["Growing your mind"](#) by Khan Academy (3:04)."

"After you have watched this video with your class, hold a small discussion about the science behind the brain as it learns.

Here are a few questions to get your discussion started:

- How do people become more intelligent?
- How does the diagram of the neurons "At birth vs. at age 6" demonstrate this?





- How does the second diagram of the nerves of the animal living in a cage vs. an animal living with other animals and toys demonstrate this?
- How are our brains like muscles?
- When do our brains grow the most?
(Clarify here that it is when you get an answer wrong **and then figure out strategies** to correct your mistake!)”

“Watch [“Neuroplasticity”](#) by Sentis (2:03).

“This is a good visual introduction to the concept of how the brain can be rewired as we learn and think differently.

- What is neuroplasticity?”

Activity 2: Share a Personal Story

“Discuss a time when you overcame a struggle in learning and learned to solve a problem.

“As a teacher, share a personal story about a time you had to work hard to get better at something and relate it to the videos.

“In this story, please highlight:

1. Hard work
2. Strategies
3. Help from others”

Reference for Lesson Plan:

<https://s3.amazonaws.com/KA-share/Toolkit-photos/FINAL+Growth+Mindset+Lesson+Plan.pdf>

