



Growth Mindset, Lesson B

Students Will Be Able To:

- 1. Articulate a time when they had a learning-related struggle, and what they learned from it*
 - 2. Define the difference between “fixed” and “growth” mindsets*
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Materials

Projector; internet access; paper and writing utensil for each student.

Introduction

Here’s the follow-up lesson to “Growth Mindsets, Lesson A.” Again, this material comes from a lesson plan developed from collaboration by Khan Academy and Stanford University’s applied research center on academic mindsets.

Activity 1: Letter to a Future Student

Briefly remind students about the story you shared about struggling to learn something new.

“Ask your students for a short story about a struggle they had when they were learning. How did it make them feel? How did they overcome it, and what did it teach them? Tell them to write a letter to this future student to tell them about their struggle, what they learned from it, and any advice they could give for the student. **Collect their letters, and save them in order to give them back to them during difficult testing periods, such as final exams.**”

[Here's the prompt:]

“Take a minute to think of a time when **you overcame a struggle to learn something**. It could be anything - from adding negative numbers to learning a technique in baseball to writing an introduction for a difficult essay. Reflect on the times when you failed at first but through persevering your brain created new neural connections and you eventually became better at the task at hand. **Write a letter to a future student of your class about this struggle**. In at least **five sentences**, tell this student your story and **give them advice** on what they should do the next time they encounter an obstacle when learning something new. Feel free to be as creative as you would like.”





Activity 2: “The Power of Belief” video & discussion

“This video is about how a growth mindset can help students succeed. Watch [“The Power of Belief”](#) TED Talk (10:52) with students and stop to discuss it as you go along.

“Stop at **1:57**. Briefly discuss Josh’s story and the quote:

“The moment we believe that success is determined by an ingrained level of ability, we will be brittle in the face of adversity.” - Josh Waitzkin

“Stop at **4:20**. Discuss the study about 7th graders with both fixed and growth mindsets:

- What is a growth and fixed mindset?
- What happened to the 7th graders’ scores over the next two years?

“Stop at **5:36**. Discuss differences in Growth and Fixed Mindsets:

- What do people with fixed mindsets focus the most on?
- How do both mindsets view effort?
- How do both mindsets view obstacles?”

Activity 3: Infographic

Time permitting, you can show students this [infographic](#) about fixed versus growth mindsets.

Reference for Lesson Plan:

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

