



# Lesson Guide

## Growth Mindset: How We Learn New Things

MS Unit 1: Lesson 4

Front of Class



### Objectives:

- Understand the science behind having a growth mindset
- Identify what it takes to learn a new skill



### Lesson Notes:

Keep students engaged during lesson by:

- Inviting them to share their own experiences or methods of learning with the class
- Showing curiosity about what students are interested in learning



### Vocabulary:

- Growth Mindset: The belief that your abilities, skills, and intellect can improve with practice and effort.
- Fixed Mindset: The belief that your abilities, skills, and intellect are fixed and cannot improve.



### Materials:

Extension 1:

- Origami paper or other paper squares.

Extension 2:

- Scrap paper and drawing utensils
- Classroom trash can or recycling bin (if completing the trashket ball activity)



### Engage

**Slide 1:** Introduce lesson topic. Ask students what they already know about having a growth mindset.

**Slide 2:** Review lesson purpose and objectives.

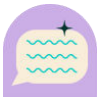
**Slide 3:** Students take pre-test.

**Slide 4:** Read the quote. Ask the collaboration question, “*Do you believe anything is possible? Why or why not?*”



### Explore

**Slide 5:** Review vocabulary. Ask students, “*What do you think might cause a person to have a fixed mindset?*” Invite volunteers to share their ideas.



### Explain

**Slide 6:** Invite volunteers to read aloud the student interview with a neuroscientist. Then, prompt students to complete the fill in the blank activity.

**Slide 7:** Open each tab to review what students need to learn new skills. Prompt students to complete the response questions.



### Elaborate

**Slide 8:** Review the importance of practice in learning a new skill. Have students complete the typing task and reflect on its difficulty.



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### Evaluate

**Slide 9:** Students take post-test.

**Slide 10:** Review summary. Have students reflect on what they have learned about growth mindset to respond to the prompts.



### Extension 1: How to Learn New Skills

**Slide 1:** Introduce the project. Students will experiment with different ways to learn a new skill.

**Slide 2:** Review the four ways students can learn new skills. Then, show students the example book mark and ask students to use these methods of learning as they learn to fold this new style of bookmark.

**Slide 3:** Have students reflect on their process of learning how to fold the bookmark by answering the multiple choice question and responding to the prompt, *“Explain which method of learning you liked best.”*

### Extension 2: Making Mistakes

**Slide 1:** Introduce the project. Students will complete activities to increase their comfort level with making mistakes.

**Slide 2:** Review why mistakes are valuable to the learning process and affirm that mistakes might feel uncomfortable. Read the instructions and invite students to complete activities as time allows.

**Slide 3:** Have students select which activities they complete and respond to the prompt, *“After this lesson, how do you feel about making mistakes?”*