

Growth Mindset

This lesson is designed to introduce students to the concept of growth mindset and how this fuels behavior and encourages and inspires achievements.

OBJECTIVES

Students will...

1. Learn about growth mindsets and fixed mindsets
2. Compare the differences between the two mindsets
3. Reflect on a time when they succeeded by having a growth mindset

ACTIVITIES

PART 1

Content Knowledge

Lead a class discussion around mindsets and ask students what it means to grow.

Play this short video for the class, [Growing your mind](#).

Next, introduce students to the concept of a growth mindset. Explain that a growth mindset occurs when we believe in ourselves and continue to develop throughout our lives. Explain that people with a healthy growth mindset know that they can improve by working hard, trying new things, and not giving up.

Now introduce the concept of a fixed mindset. Explain that a fixed mindset occurs when you:

- Think you cannot get better at something, even if you practice
- Want to quit or give up
- Don't think you're good at something

Talk about the differences between the two types of mindsets.

PART 2

Applying Information

As a class, create a two-column poster on the beliefs and behaviors of a growth vs. a fixed mindset. To get started, ask students these questions and add your own:

What are the thoughts and behaviors of people when they...

- Do poorly on a test?
- Put in a lot of effort to prepare for a swim meet and still lose?
- Do not understand a math problem?
- Did not get selected for a team sport?

Keep adding to this poster as the year goes on and use this as a reference for students exhibiting a fixed mindset rather than a growth mindset.

Grade Level: 7

MEFA PATHWAY SECTIONS WITHIN THIS LESSON:

- My Journal

DOMAIN:

- Social Emotional Learning

TIME:

- 45 minutes

MATERIALS NEEDED:

- Internet connection to work with the MEFA Pathway website
- Khan Academy video, [Growing your mind](#)

FUTURE READY SKILLS:

- Evaluation
- Growth Mindset
- Emotional Intelligence

VOCABULARY:

- Mindset
- Growth
- Fixed Mindset
- Growth Mindset

Email any questions to:
info@mefapathway.org



LESSON PLAN

Evaluating Information

Share a personal story of your own with the students about a time when you had to work hard to get through a challenge. Then have students think about a time when they overcame a struggle or challenge and learned to solve a problem.

Have students log in to MEFA Pathway and create an entry in their *My Journal* by clicking on the pen icon in the lower right corner documenting an example of a time they exhibited a growth mindset.

If students are comfortable, encourage them to share their example with the class or in a small group.

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Growth Mindset Grading Rubric

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CATEGORY	EXCELLENT 4	GOOD 3	SATISFACTORY 2	NEEDS IMPROVEMENT 1
Sequencing of Information	The information is organized in a clear, logical way.	Most information is organized in a clear, logical way.	Some information is logically sequenced.	There is no clear plan for the organization of information.
Effectiveness	The entry includes all material needed to give a good understanding of the topic.	The entry is lacking one or two key elements.	The entry is missing more than two key elements.	The entry is lacking several key elements and has inaccuracies.
Font Choice & Formatting	Font formats (size, bold, italic) have been carefully planned to enhance readability and content.	Font formats have been carefully planned to enhance readability.	Font formats have been carefully planned to complement the content. It may be a little hard to read.	Font formatting makes it very difficult to read the material.
Conventions. Student uses proper grammar, punctuation, and spelling.	The entry has no misspellings or grammatical errors.	The entry has 1- 2 misspellings, but no grammatical errors.	The entry has 1- 2 grammatical errors but no misspellings.	The entry has more than 2 grammatical and/or spelling errors.