**Secondary Guidance Lesson**

*Growth Mindset*

**Objective: To understand the difference between growth and fixed mindset; to understand why it is beneficial to have a growth mindset**

**Video**: <https://youtu.be/BfJGTHNWvcs>

**Activity:**

* Show video
* Group Discussion
	+ What is the difference between the student in the video having a fixed mindset and having a growth mindset?
	+ What were some advantages to having a growth mindset? Were there any disadvantages?
* Individual Activity
	+ Think of a goal that you would like to accomplish or something you would like to get better at doing. What are some growth mindset thoughts you could have to help you achieve your goal? What are some positive actions that you could take towards achieving your goal?

**Follow-up/Closing:**

* Growth mindset helps you achieve and succeed!
* Growth Mindset Challenge - For one week when you wake up each morning, think of a positive thought that will help you achieve a goal or get better at something. As you go through your day, repeat that positive thought when you feel discouraged or need encouragement to reach your goal.