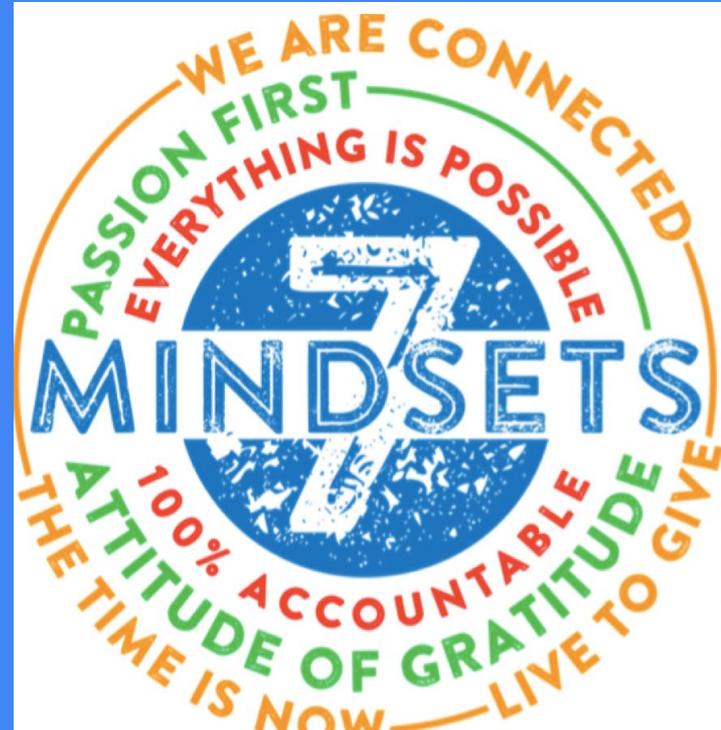


# 7 Mindsets Program

Treutlen County Schools

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# What is the 7 Mindsets Social-Emotional Program?

“We cannot solve the problems we face with the same level of thinking that caused them” - Wayne Dyer

7 Mindsets is a research-based program that is built on the idea that success in life depends less on what a person knows, and more on how he or she thinks. It illustrates how making small shifts in the way one views the world and his or her future in it, can help to create positive and sustainable transformation.

# The 7 Mindsets

- Mindset #1- Everything Is Possible (Dream Big, Embrace Creativity, and Expect Great Results)
- Mindset #2- Passion First (Pursue your authentic talents and deepest interests)
- Mindset #3- We Are Connected ( Explore the synergies in all relationships and learn to empower one another)
- Mindset #4- 100% Accountable ( Choose to be responsible for your own happiness and success)
- Mindset #5 - Attitude of Gratitude (Seek the positives from every experience and be thankful for all you have)
- Mindset #6 - Live to Give (Inspire and serve others while maximizing your potential)
- Mindset #7- The Time is Now ( Harness the power of this moment and take purposeful action)

# Redelivery Training Process

- All new hires are trained in 7 Mindsets during new hire orientation each school year.
- Returning teachers receive refresher training at the beginning of the year faculty meeting.
- Videos and other supplemental training materials provided by 7 Mindsets are used in these training sessions.

## 7 Mindsets Impact on Improving Student and Staff Mental Health

Students and staff can experience lower levels of anxiety and/or depression through:

- Gaining self-awareness
- Learning self-management skills
- Gaining social awareness and building positive relationships
- Increased levels of self-esteem, self-worth, value, and confidence
- Developing a growth mindset

# Implementation of the Program in Our Schools

- **Mindset Monday**: Each teacher in the district is responsible for sharing 7 Mindsets modules with their students each Monday from August until May.
- The schedule and lessons are pre-scheduled so that teachers are aware of the lessons they should be sharing with their students each Monday.
- Administrators and counselors are responsible for monitoring teacher progress and providing feedback and guidance on lessons and lesson delivery.

# Future Implementation Plans Using the Seven Units

1. Everything is Possible
2. Passion First
3. We are Connected
4. 100% Accountable
5. Attitude of Gratitude
6. Live to Give
7. The Time is Now

# Everything is Possible

- Share the “Everything is Possible” Newsletter for parents, students, and staff
- Objective: To create productive social-emotional conversations between adults
- To help students identify their personal goals, dreams, and ambitions

## 7 Mindset Activity Ideas:

- 1) Personal Mission Statement
- 2) Defining My Why
- 3) My Dream Statements
- 4) Overcoming My Challenges

[https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent\\_Zone/NewsLetters/English/Parent-Newsletter-Everything-is-Possible.pdf](https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent_Zone/NewsLetters/English/Parent-Newsletter-Everything-is-Possible.pdf)

# Passion First

- Share the “Passion First” newsletter with parents, students, and staff
- Objectives:
  - To create productive social-emotional conversations between children and adults a
  - To help students develop and communicate self-awareness

7 Mindsets Activity Ideas:

- 1) Passion/Vision Board
- 2) My Strengths Inventory
- 3) My Interests Inventory
- 4) My Core Values Inventory
- 5) My Authentic Dreams Exploration

<http://www.oprah.com/spirit/Steps-to-Finding-Your-Passion/4>

## **Activity Reference**

**Link:** [https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent\\_Zone/NewsLetters/English/Parent-Newsletter-Everything](https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent_Zone/NewsLetters/English/Parent-Newsletter-Everything)

# We Are Connected

- Share the “We are Connected” newsletter
- Objectives
  - To create productive social-emotional conversations between children and adults
  - To help students learn about the importance of possible relationships

7 Mindsets Activity Ideas:

- 1) Embrace Everyone Activity
- 2) My Core Team Activity
- 3) My Dream Team Activity
- 4) Leading with Value Activity

**Activity Reference link:**

[https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent\\_Zone/NewsLetters/English/Parent-Newsletter-We-are-Connected.pdf](https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent_Zone/NewsLetters/English/Parent-Newsletter-We-are-Connected.pdf)

# 100% Accountable

- Share the “100% Accountable” link
- Objectives:
  - To create productive social-emotional conversations between children and adults
  - To teach children about responsibility and accountability

## 7 Mindset Activity Ideas:

- 1) Recognizing My Resentments
- 2) No Excuses
- 3) My Empowering Activities
- 4) A New Level

### **Activity Reference link:**

[https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent\\_Zone/NewsLetters/English/Parent-Newsletter-100A-Accountable.pdf](https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent_Zone/NewsLetters/English/Parent-Newsletter-100A-Accountable.pdf)

# Attitude of Gratitude

- Share the “Attitude of Gratitude newsletter
- Objectives
  - Teach students to choose the positives of life as the foundation on what to build
  - Teach students to focus on the things they have instead of what they don't

7 Mindsets Activity Ideas:

1) A New Story of Me

2) Being More Grateful

3) My Thank You Notes

4) Becoming an Inverse Paranoid

5) Gratitude Journal -Buy a journal for your child to write in each night to share what they are thankful for

Activity Reference link:

[https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent\\_Zone/NewsLetters/English/Parent-Newsletter-Attitude-of-Gratitude.pdf](https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent_Zone/NewsLetters/English/Parent-Newsletter-Attitude-of-Gratitude.pdf)

# Live to Give

- Share the “Live to Give” newsletter
- Objectives

-Teaches the importance of serving others while maximizing our own potential

- Discover the impact they want to make and the legacy they want to leave

7 Mindsets Activity Ideas:

1) My Impact

2) Pay It Forward

3) I Am Worthy

4) My Birthday Speech

Activity Reference link:

[https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent\\_Zone/NewsLetters/English/Parent-Newsletter-Live-to-Give.pdf](https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent_Zone/NewsLetters/English/Parent-Newsletter-Live-to-Give.pdf)

# The Time is Now

- Share the “Time is Now” newsletter
- Objectives

-Encourage students to live in the moment and embrace it

Teaches students to be vulnerable

7 Mindset Activity Ideas:

- 1) No Regrets
- 2) My Zone Bank
- 3) Overcoming My Fears
- 4) My 37-Day Action Plan

Activity Reference Link:

[https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent\\_Zone/NewsLetters/English/Parent-Newsletter-The-Time-is-Now.pdf](https://www.7mindsetsportal.com/wp-content/uploads/2018/01/Parent_Zone/NewsLetters/English/Parent-Newsletter-The-Time-is-Now.pdf)

# References

- [https://www.7mindsetsportal.com/login/?redirect\\_to=https://www.7mindsetsportal.com/courses/high-school-course-1/](https://www.7mindsetsportal.com/login/?redirect_to=https://www.7mindsetsportal.com/courses/high-school-course-1/)
- You will need login credentials in order to access any of the materials.