

# Growth Mindsets

This lesson was adapted from the Yale RULER curriculum



Mudsock Pep Rally

Friday, September 8



CCA Café / GATHERING STAIRS

8 AM

**BE THERE!**

## SEPTEMBER – “RUMBLE NEEDS A T-SHIRT” CHALLENGE

For the “Pixar” trophy and donuts delivered by Rumble on October 5<sup>th</sup>



- Design a T-shirt for Rumble
- Submit the design before September 29<sup>th</sup>
- One submission per Employability class

Submit Design Here





# CIRCLE UP



Form a circle with your group in the classroom.  
(Everyone should be equal distance from the center, including teachers)

You will need your group's “**talking piece**” or an item that allows only the person holding it to speak.

Everyone else listens to the speaker.

What is your class talking piece????



# CIRCLE UP



Decide how you want to take turns speaking in your circle  
(random, clockwise, or counterclockwise, or popcorn to each other)

## **What is the purpose of the circle?**

Learn more about each other

Listen to one another

Become stronger as a class

What is something that you **can do** today that you could **not** do this time last year? Have you surprised yourself?





### The Charter

The group charter builds and sustains positive emotional climates by creating agreed-upon norms for how people want to feel, as well as how they can help each other to experience those feelings.



## Step 1:

Review your  
**CHARTER**

Name: \_\_\_\_\_

Statement	Strongly Disagree (1)	Somewhat Disagree (2)	Somewhat Agree (3)	Strongly Agree (4)
1. You have a certain amount of intelligence, and you can't really do much to change it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. No matter who you are, you can significantly change your intelligence level.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. You can change even your basic intelligence level considerably.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. You can learn new things, but you can't really change your basic intelligence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Your emotional intelligence is something that you can't change very much.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. To be honest, you can't really change how emotionally intelligent you are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. You can always substantially change how emotionally intelligent you are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. No matter how much emotional intelligence you have, you can always change it quite a bit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Your athletic talent is something that you can't change very much.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. No matter who you are, you can significantly change your athletic talent level.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. You can change even your basic athletic talent level considerably.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. You can learn new things, but you can't really change your basic athletic talent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. No matter how much creativity you have, you can always change it quite a bit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. You can always substantially change how creative you are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. You have a certain amount of creativity, and you can't really do much to change it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. To be honest, you can't really change how creative you are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Growth Mindset

To begin this lesson, let's take a few moments and consider our mindset by using the mindset inventory.



# Succeed and Fail: Small Group Activity



Now that we've taken time to assess our own mindsets, let's take a deeper dive into the concepts of success and failure.

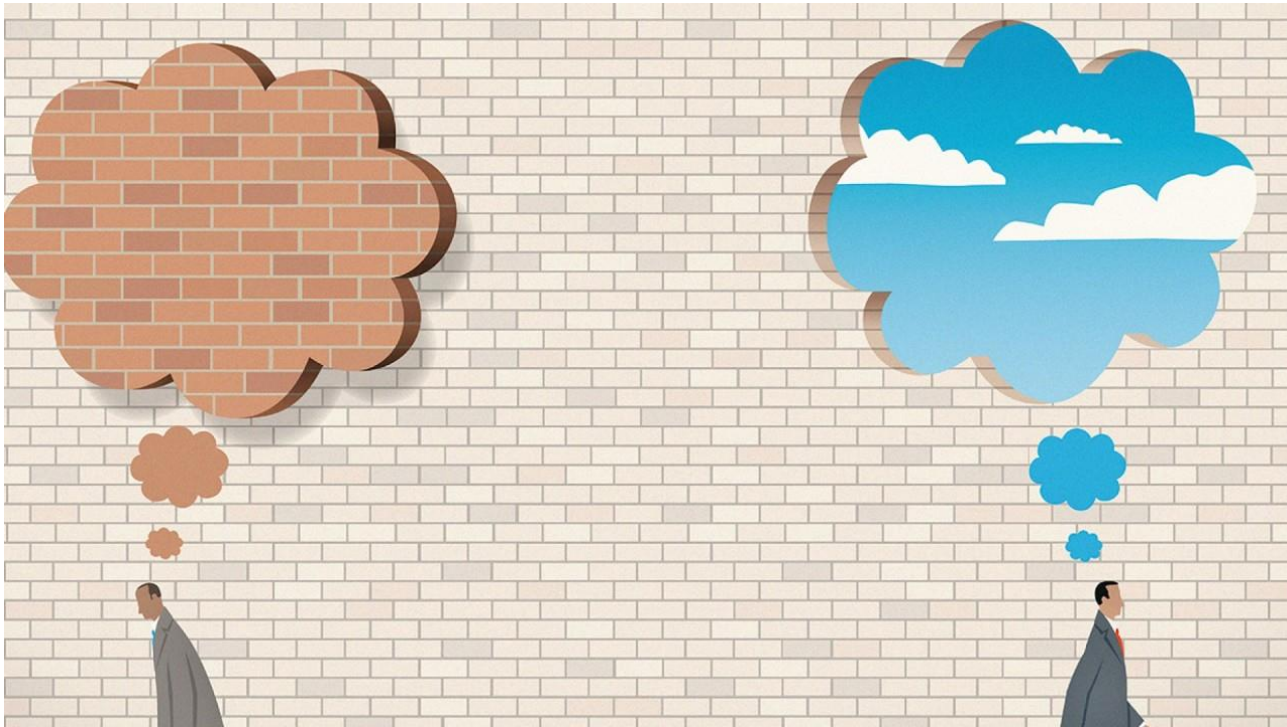


**Working with a small group, take a moment to generate as many reasons as you can for the following questions.**

What are some reasons as to why people  
may succeed in life?



# What are some reasons as to why people may succeed?



## The Science of Success Top 4 Contributors

- Intelligence
- Social Skills
- Work Ethic
- Luck

Do you agree or disagree?!?! Can a person improve these characteristics?

*"They don't make excuses when things don't work out."*

*"They are always working to learn new things."*

*"They keep trying (don't let failure stop them, but learn from it)."*



What are some reasons as to why people may fail?

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# What are some reasons as to why people may fail?

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Work Ethic

Failing to Plan

Lack of Purpose

Procrastination

Lack of Belief in  
Possibility of Success

Giving Up Too Easily



Procrastination

Work Ethic

Lack of Purpose

Giving Up Too Easily

*"When we consider the concepts of  
"success" and "failure," we often can trace  
our ideas back to our mindsets."*

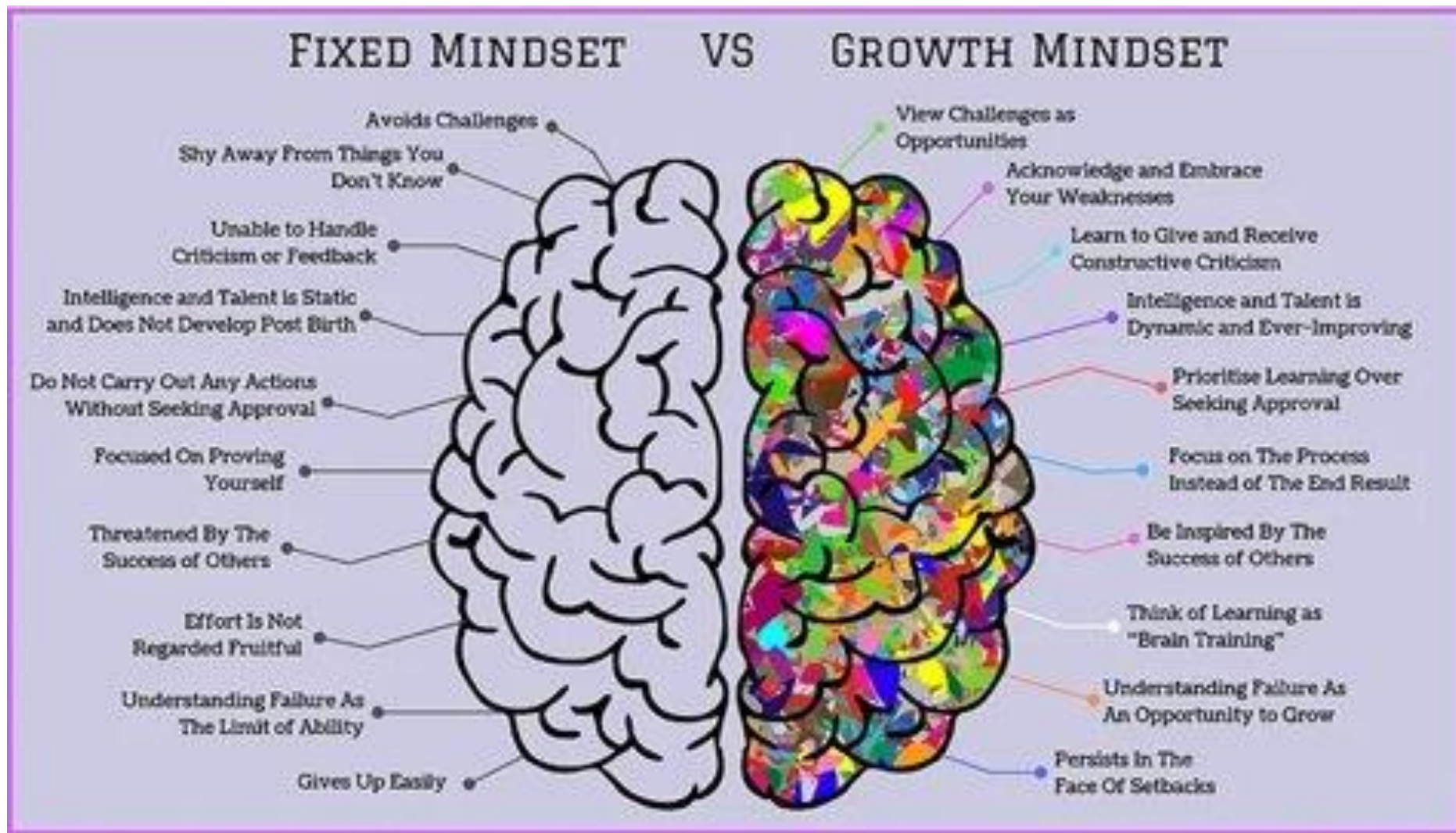
Lack of Belief in  
Possibility of Success

"They don't make excuses when things don't work out."

"They are always working to learn new things."



# Growth Mindset vs Fixed Mindset



# The Power of "Yet"



# Mindset Inventory Scoring

Now that we have learned a little about growth and fixed mindsets, take a few moments to review your original Mindset Inventory and score yourself.



YEAR 2 | LESSON 22  
Mindset Inventory Scoring

Name: \_\_\_\_\_

Follow the steps below to calculate your Growth Mindset Score in the circle. You will be referring to the "Mindset Inventory" that you created in Lesson 21. Use the following calculations:

- Strongly Disagree = 1
- Somewhat Disagree = 2
- Somewhat Agree = 3
- Strongly Agree = 4

**Step 1:** Add up your answers to questions 2, 3, 7, 8, 10, 11, 13 and 14.

Write your total in this box:

**Step 2:** Add up your answers to questions 1, 4, 5, 6, 9, 12, 15 and 16.

Write your total in this diamond:

**Step 3:** Subtract the number you reached in Step 2 from 40. Write your answer in the triangle below.

$$40 - \text{diamond} = \text{triangle}$$

**Step 4:** Add your numbers from the box and triangle to reach your Growth Mindset Score in the circle.

$$\text{box} + \text{triangle} = \text{circle}$$

Growth Mindset Scores will range from 12-64. The higher your score, the more of a Growth Mindset you have.

# Wrap it up

Take a few moments and think of something you are currently struggling with and figure out where you would plot that on the mood meter.

Now consider if you added the word "yet." Consider where that would fall on the mood meter.

