Yes, You Can....

Building a Growth Mindset for Success



10th Grade Counselor Lesson

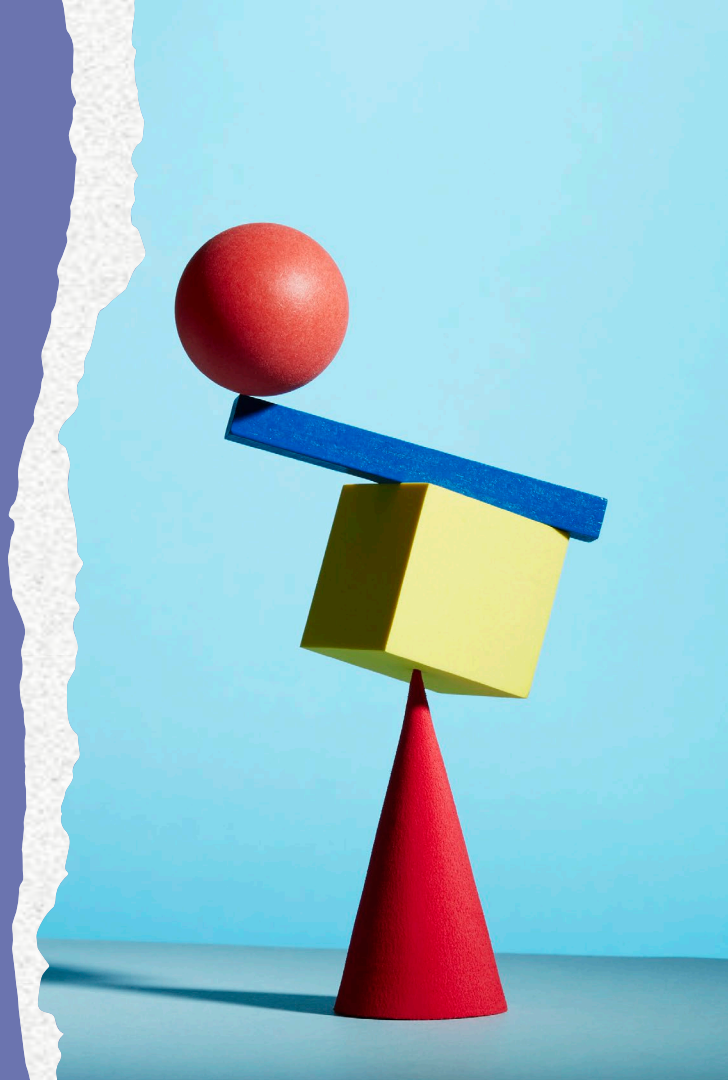
November 2025

Agenda

- **Self Efficacy** and **Growth Mindset**
- 10th Grade Highlights
- Counseling Team
- Work Time

Group Norms

- Be present and engaged (no phones, other homework)
- Be respectful of each other



Self Efficacy and Growth Mindset

Self Efficacy =

"A person's belief in their ability to succeed in a specific task or situation."





Growth Mindset

Increases your confidence (self efficacy) by switching how you view your potential.

Why Growth Mindset Matters ~ SO many reasons...

Self Efficacy – Gain confidence and belief in ability to succeed

Wellbeing – Manage emotions when facing setbacks

Goal Setting - Set realistic goals and focus on mastery

Academic Success - Builds resilience and willingness to ask for help

Career Planning - Creates adaptable, lifelong learners

"When you believe your brain can grow through effort and learning, you're more likely to stay motivated and reach your goals."





"The Power of Yet"

Student Leaders share their story of how a challenge helped them grow







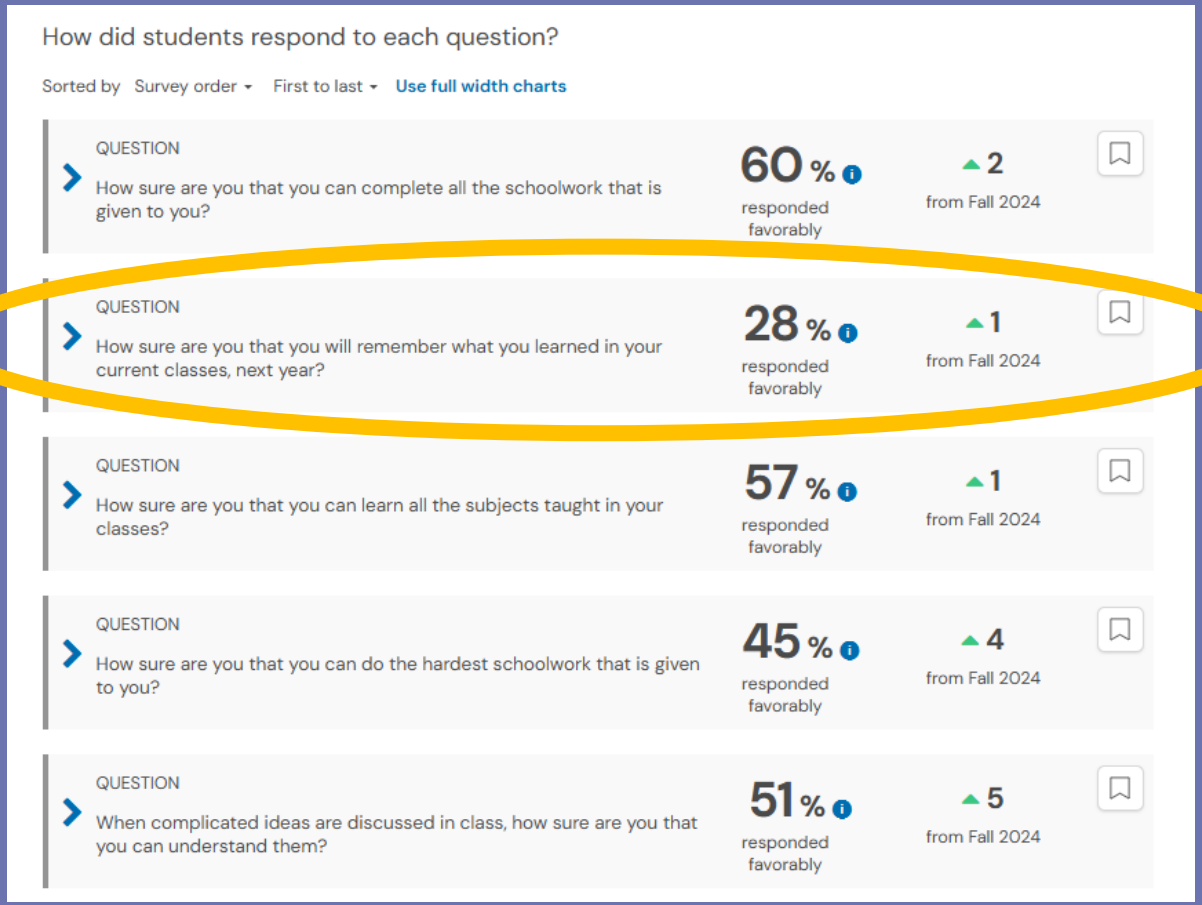
Remember that Panorama Survey?

Possibly the **biggest reason** this is important is because your class of 2028 rated yourselves as **low** in the area of **Self Efficacy**, especially that you did **not believe** you could **remember and apply** what you are learning now **to next year**.

We want to teach you something that may help with that!

Panorama Survey Questions

Self Efficacy = your level of confidence



Growth Mindset vs Fixed Mindset



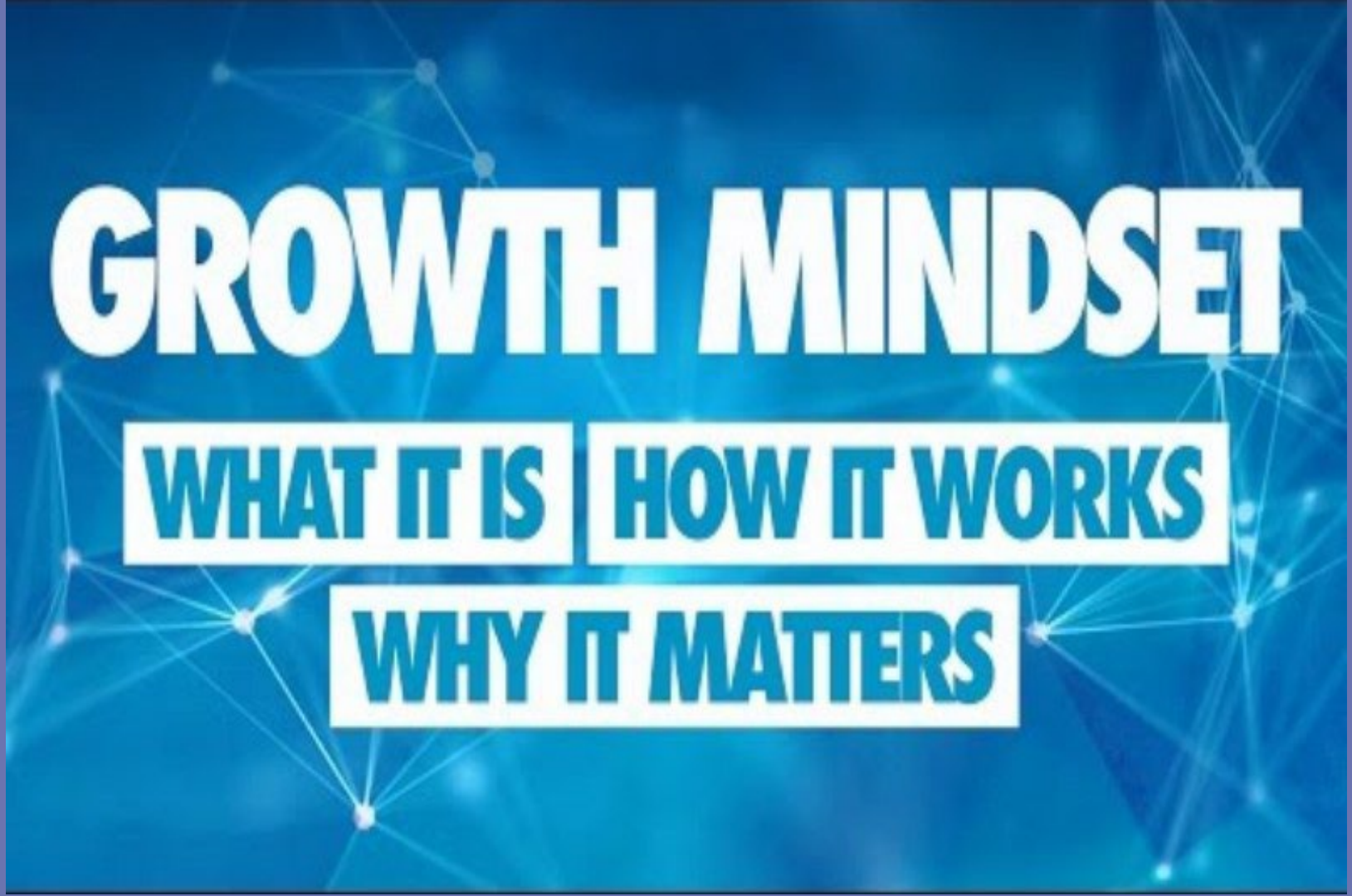
Notice:

- Differences between a growth mindset and fixed mindset
- How each affects success



Take notes on handout

Video on next slide…


GROWTH MINDSET
WHAT IT IS
HOW IT WORKS
WHY IT MATTERS

Key Concepts Review



Concept:

Fixed Mindset ~ Belief that intelligence and abilities are static

Growth Mindset ~ Belief that you can develop skills through effort and learning

Beliefs and Focus~ Impact how we grow and learn

4 Ingredients to Growth – How we approach these are based on our **Beliefs and Focus.**

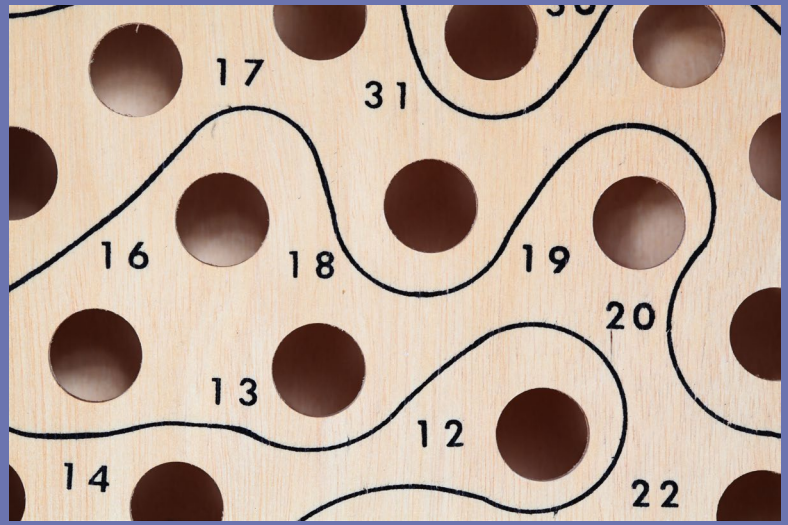
Why it Matters:

- Reduces stress
- Increases persistence and adapting to challenges
- Challenges help us get better
- When we worry how we look, we limit our success

Small Group Discussion

What stood out to you?

1. **Reflect** - Take a moment to note what stood out to you
2. **Share** - with your table group





Getting Started: "My Growth Plan"

Here is your chance to practice approaching a problem from a Growth Mindset perspective.

See example on next slide….

Example:

My Growth Plan – Self-Reflection Worksheet

Name: _Heather Erickson

Reflect on a Challenge

Think about one area in school, activities, or life that's been tough for you.

My Challenge / Goal: I am bad at math

Why this is important to me: I want to go to college and will need to reach a certain level of math.

My Mindset Check

What do you usually tell yourself about this challenge?

Current Thought (Fixed Mindset): No matter how hard I study, I can't get more than a C on math tests.

Growth Mindset Reframe: (How could you reword this using growth mindset language?)

I want to figure out how to learn the math I need to be a psychology major.

Action Plan

One small step I can take this week: Make an appointment with my math teacher to talk about how I am currently studying for tests and ask if there is a different strategy they suggest.

Step Details: (when, items I need, etc) 1. Set a reminder to email my teacher to schedule meeting. 2. Make notes about how I currently study to discuss.

Who can support me?

☐ Teacher ☐ Counselor ☐ Friend ☐ Family ☐ Other: _____

Part 5: Reflection

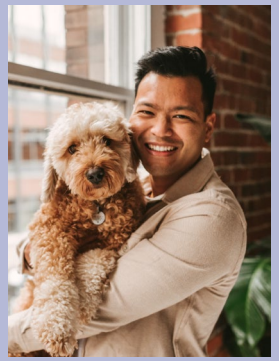
What will success look like for me? I will find a strategy that works for me.

One phrase to remind myself:

"Successful people fail a lot ~ and learn a lot about how to succeed."

NHS Counseling Team

Mr. Kravanh (A - C)



Ms. Erickson (D - Hun)



Ms. Lee (Hur - Liu)



Ms. Maxfield (Lo - P)



Ms. Schulz (Q - T)



Ms. Bosone (U - Z)



Ms. Huynh – Counseling Secretary



Layne Barker - MHAT



Important for 10th grade:

- Get involved
- Build leadership skills
- Consider interests and possible career areas
- Strong foundation is better than speed



Work Time: Applying Your Growth Mindset

1

School Links Platform

- Complete Onboarding & Feedback Survey
- Finish Self-Discovery Tasks
- Review 4-Year Academic Plan
- Research Career Paths

2

Community Service

- Research opportunities online
- Enter volunteer hours in X2Vol

Before you leave...

Please complete the half sheet on your table.

Leave them in the center of your table.



"Believe in your ability to learn, grow, and succeed. Every challenge is a chance to become stronger."