**Personal Growth (Grade 9)**

**Growth Mindset**

Learning Target: I can recognize 2 traits of a “growth mindset”.

**Jenny has a “fixed mindset”. She tends to…**

* Tell herself that she’s no good at certain tasks.
  + (“Oh no! I hate Geometry. I’m just no good at math.”)
* Prefer to repeat successes, instead of taking on new challenges.
  + (“Why don’t we just do something I already know. It’s much easier”)
* Distract herself when she becomes worried about failures
  + (“I can’t wait to go home and play video games. I’ll get farther than anyone else.”)

**Jeff has a “growth mindset”. He tends to….**

* Approach challenges with interest, instead of apprehension.
  + (“This is a tricky word problem. I’ve got to think through it”)
* Focus on the problem, instead of himself.
  + (“Let’s see… What if I try this ….”)
* Sees setbacks as an indication that he needs to put in more effort.
  + (“Hmmm, that didn’t work. I better back up and switch gears.”)
* Work collaboratively, instead of competitively.
  + (“I wonder if anyone needs help. Helping others with help mw understand it better”)

**Activity I: What We Tell Ourselves**

**Complete the chart below**

The first one was completed for you.

|  |  |  |
| --- | --- | --- |
|  | **“Fixed Mindset” Response** | **“Growth Mindset” Response** |
| You receive a low grade on your Chemistry midterm exam. | “ I feel really stupid. I might as well just give up.” | “I need to look at where I went wrong and use that information to help me study better. I have time to improve before the final exam” |
| A friend wants you to try out for a sports team, but there are only 2 open spots. |  |  |
| You have to give a speech in class, but you have a fear of speaking in public. |  |  |
| In your band competition, you hit the wrong note. |  |  |
| Your school counselor wants you to try a challenging course. |  |  |
| You receive your English paper back, and it’s covered with red marks. |  |  |

**Reflection:**

1. Did you find it easier to write responses for the “fixed mindset” or the “growth mindset”?
2. Do you currently identify more with the “fixed mindset” or the growth mindset”?
3. How could you work to improve your mindset?
4. Do you know your preferred learning style?
   1. Do you allow this (knowing your learning style) to prevent you from trying to learn in different ways? Explain.
5. Provide an example of a time when you took on a growth mindset.
   1. What was the outcome?
6. Share your experiences