



ESL Virtual Learning

Study Skills

May 8th, 2020

Lesson: May 8, 2020

Objectives:

1. Students will learn about self-efficacy
2. Students will understand the concept The Ability to Grow.
3. Students will understand the concept Believe in Your Ability.
4. Student will be challenged to change their attitude from a Fix Mindset to a Growth Mindset.
5. Student will learn and practice reframing negative thoughts to constructive and positive thoughts.

Study Skills E-LEARNING Friday, May 8th, 2020





I Believe I Can Friday!

Continue to do what you have been doing to get the best grade for 2nd Semester.

- **What is Self-Efficacy?**
 - **Ability Can Grow With Effort**
 - **Believe in Your Ability**
- **Fix Mindset versus a Growth Mindset**
- **The Power of Belief**

Review:

What are the two components of Self Efficacy?

- **Ability Can Grow With Effort**
- **Believe in Your Ability**

Changing your Fix Mindset to a Growth Mindset

Let's practice:

Fix Mindset

Growth Mindset

Something you are born with
Can't change

SKILLS

Come from hard work
Can always improve

Something to avoid
Could reveal a lack of skill
Tend to give up easily

Challenges

Should be embraced
An opportunity to grow
Be more persistent

Unnecessary, won't do
because not good enough

EFFORT

Essential
Pathway to mastery

Get defensive and take it
personally

FEEDBACK

Useful
Helps identify areas for improvement

Blame others
Get discouraged

SETBACKS

Is a wake-up call to do better

Key Vocabulary for this lesson

- **Domain** - A specific area of knowledge a person possesses. Ex. - Knowing names, Facts, etc.
- **Persistence** - The continued existence of something. Ex. - To continue to do something with giving up on it because of failure.
- **By-Product** - A secondary result, unintended but inevitably produced in doing or producing something else. Ex. - When learning how to do something new, you may experience how to control different emotions while learning, such as learning to relax yourself with breathing.

The Power of Belief

Watch the following video for 2 minutes, then stop to reflect.

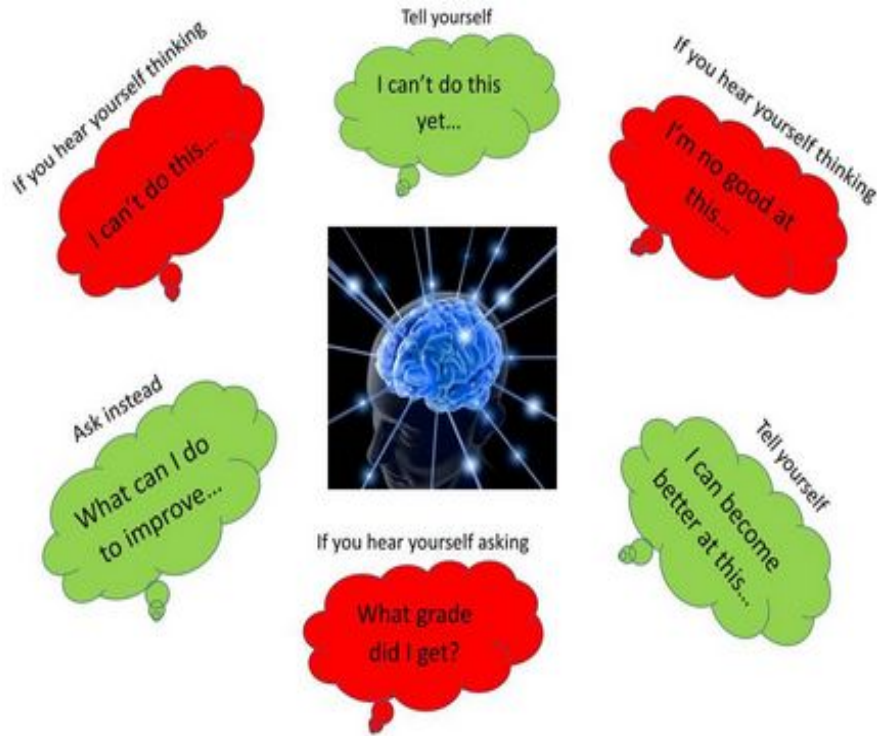
<https://www.youtube.com/watch?v=pN34FNbOKXc>

Josh believed he was special, smarter than other people, and didn't have to work hard. These were his "Psychological Traps" he had to overcome.

What are some of your psychological traps that hold you back from your potential?

Write these out for yourself.

Framing what you say to yourself



Think about a time when you succeeded at something challenging?

Now discuss with a partner something that was challenging to you.

Discuss the following questions...

What made you successful even though it was challenging?

What emotions did you overcome to become successful?

What did you say to yourself to overcome and be successful?

Victory Logs - Log your successes!!

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Victory Log

Write things you've learned in your classes that you are proud of – this can be big or little. For example, you might write:

- “finished an assignment,”
- “learned XYZ,” “asked a question in class about XYZ,” or
- “didn’t get mad at myself when I made a mistake.”

This is a private log.

Victory Log Continued...

Why are you creating this Victory Log?

Your belief that your ability to accomplish specific, challenging tasks and that your ability can grow with effort is very important for in-school and post-school success. As your teacher, I want to help you remember your accomplishments (big or little) related to this class. You belong in this class! You are a member of this academic community!

“If you think you can, you probably can. If you think you can’t – well that self-limiting and self-fulfilling belief might well stop you from doing something you’re perfectly capable of doing.”

-Albert Bandura on self-efficacy

Self talk - Reframing thoughts

Reframe the self-talk as constructive and positive instead of destructive.

Example 1 -

Cherie gets a D on her biology quiz. She immediately thinks, “Of course I got a D, I’m terrible at biology.”

Now help Cherie reframe her self-talk. What could she say instead of being negative.

Reframe self-talk:

Self talk - Reframing thoughts continued

Example 2 -

Jordan spoke up in class but the answer was incorrect. He immediately thinks, “Why did I speak up? That was stupid. Why couldn’t I have just kept my mouth shut?”

Help Jordan reframe his self-talk:



Individual Reflection:

Think about a recent situation where something happened to you and respond with negative or destructive thoughts. (Yes really try this and it doesn't have to be school related).

Now REFRAIME by writing a CONSTRUCTIVE and POSITIVE self-talk statement that you can try the next time you have those negative thoughts.



A Weekly Check In! If you have not done so, I would like you to take this weekly survey letting us know how you are doing.



Things to Remember

- Contact your teachers, tell them hello. We miss you!
- There is still time to improve your grades for 2nd semester.
- You can still get a Chromebook at Truman High School. Go to the school from 11:45a.m. to 12:45p.m. Your parent needs to go to sign a waiver.
- Go to this link that was shared in an email by Dr. Herl to get free WiFi. <https://corporate.comcast.com/covid-19>
- Here is a [Spanish video](#) on how you can use your cell phone as a HOT SPOT. Please share this with all the other ESL students.

This ends another week. I hope it was a great week for you. Don't forget teachers are available to help you. You need to email us. Have a great weekend and see you on Monday.

Mrs. Lamas

