



ESL Virtual Learning

Study Skills

May 7, 2020

Lesson: May 7, 2020

Objectives:

1. Students will reinforce understanding about self-efficacy
2. Students will be able to explain the concept “The Ability to Grow.”
3. Students will begin to practice “Believe in Your Ability.”
4. Student will be challenged to change their attitude from a Fix Mindset to a Growth Mindset.
5. Students will learn to understand that Mistakes help you learn and to focus on EFFORT more than the grade.

Study Skills E-LEARNING Thursday, May 7th





Growth Mindset Thursday

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**
- **Changes occur in the brain when Active Learning, Practicing, Giving Effort on a specific task/goal.**

Can you show your understanding of the graphics in terms of learning?

Self-Efficacy



Ability
can grow
with **effort**



Believe
in your **ability**

CCC College & Career Competency
FRAMEWORK
CCCFramework.org

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FIXED MINDSET

- SOMETHING YOU'RE BORN WITH
- FIXED

SKILLS

- SOMETHING TO AVOID
- COULD REVEAL LACK OF SKILL
- TEND TO GIVE UP EASILY

CHALLENGES

- UNNECESSARY
- SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH

EFFORT

- GET DEFENSIVE
- TAKE IT PERSONAL

FEEDBACK

- BLAME OTHERS
- GET DISCOURAGED

SETBACKS

GROWTH MINDSET

- COME FROM HARD WORK.
- CAN ALWAYS IMPROVE

- SHOULD BE EMBRACED
- AN OPPORTUNITY TO GROW.
- MORE PERSISTANT

- ESSENTIAL
- A PATH TO MASTERY

- USEFUL
- SOMETHING TO LEARN FROM
- IDENTIFY AREAS TO IMPROVE

- USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.



Review of Fixed Mindset versus Growth Mindset

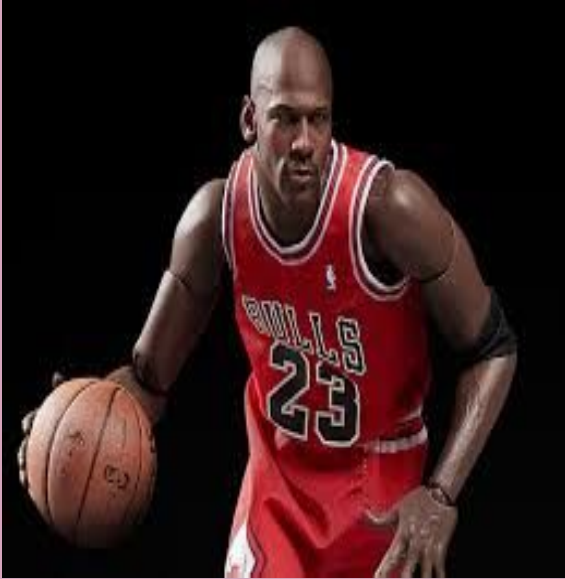
| FIXED MINDSET | | GROWTH MINDSET |
|--|------------|--|
| <ul style="list-style-type: none">• SOMETHING YOU'RE BORN WITH• FIXED | SKILLS | <ul style="list-style-type: none">• COME FROM HARD WORK.• CAN ALWAYS IMPROVE |
| <ul style="list-style-type: none">• SOMETHING TO AVOID• COULD REVEAL LACK OF SKILL• TEND TO GIVE UP EASILY | CHALLENGES | <ul style="list-style-type: none">• SHOULD BE EMBRACED• AN OPPORTUNITY TO GROW.• MORE PERSISTANT |
| <ul style="list-style-type: none">• UNNECESSARY• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH | EFFORT | <ul style="list-style-type: none">• ESSENTIAL• A PATH TO MASTERY |
| <ul style="list-style-type: none">• GET DEFENSIVE• TAKE IT PERSONAL | FEEDBACK | <ul style="list-style-type: none">• USEFUL• SOMETHING TO LEARN FROM• IDENTIFY AREAS TO IMPROVE |
| <ul style="list-style-type: none">• BLAME OTHERS• GET DISCOURAGED | SETBACKS | <ul style="list-style-type: none">• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME. |

- Self-efficacy is essential for succeeding in your pursuits in all areas of life.
- A person with a growth mindset thinks those abilities come from hard work and can grow and improve.
- Growth mindset: Embraces challenges and learns from mistakes.

Stephen Curry - Success Is Not an Accident (Original)



People with a Growth Mindset



Michael Jordan



Malala Yousafzai



J.K. Rowlings

What do Jordan, Yousafzai, and Rowlings have in common? They are...

- *People with a growth mindset*
 - *put forth more effort*
 - *are more open to feedback*
 - *are less likely to blame others and get discouraged when things get tough.*



Mistakes are Part of Living

- *We all make mistakes, especially when we are learning new things, and that we shouldn't let those mistakes discourage us or stop us from trying again.*
- *In fact, making mistakes and learning from them actually helps strengthen neuron connections in the brain.*

Watch the video about Famous People who made mistakes

<https://www.youtube.com/watch?v=LqnB7NdBMDU> 2:11

Challenging Tasks

- If a task is easy, we can often complete it without putting in much effort.
- But if the task is challenging, we may have to put in a lot of effort to move up on the learning scale.
- Even if you don't fully understand a concept right now, if you continue to put in the effort, you will learn it.
- You feel more satisfaction when the task your completed was challenging.

Wrap Up

Mistakes are opportunities

Ability Grows with Effort

Practice

Practrice

Practice

Stop looking at Grades

WHAT???

Look at EFFORT

**Look for areas to learn
more**



**Doing all this leads to
Growing NEURAL
PATHWAYS!!**



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 11:00a.m. to 1:00p.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.

I hope it was a wonderday for you. Don't forget teachers are available to help you. You need to email us. Start working on creating more neural pathways in your brain. And remember Mistakes help you grow.

Mrs. Lamas

