



ESL Virtual Learning

Study Skills

May 6, 2020

Lesson: May 6, 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.

Study Skills E-LEARNING Wednesday, May 6th





Believing in Yourself Wednesday!
Continue to do what you have been doing
to get the best grade for 2nd Semester.

Understanding That Ability Grows with Effort

What are the two components of Self-Efficacy?

- **Ability can grow with effort**
- **Believing in your own ability**

How are these 2 components important in areas of your lives?

Think about a time when you succeeded at something because of the effort or practice you put into making your effort successful.

Now write out how believing that you could do it helped you accomplish your goal.

Self-Efficacy Poster



- On an 8x10 plain white paper, write out these words and add a drawing.
- Put this up in your room so you can be reminded of staying positive.
- You can copy and paste the poster here on to a Google Doc and print it out if you are able.

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.

The goal is make a shift from fixed to **GROWTH MINDSET**



Fixed Mindset versus Growth Mindset Videos

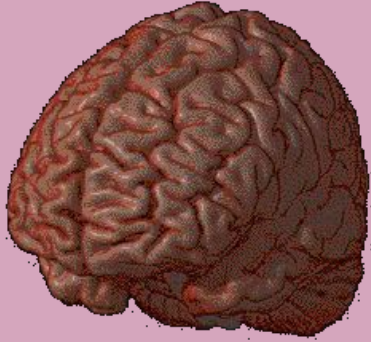
Watch one of these videos on Growth Mindset

https://www.youtube.com/watch?v=KUWn_TJTrnU&feature=youtu.be

<https://www.youtube.com/watch?v=H4UJxzh8Raw&feature=youtu.be>

<https://www.youtube.com/watch?v=Xv2ar6AKvGc&feature=youtu.be>

Brain Basics



- NEURON connections are always created and strengthened with learning, practice, and mastery.
- Even driving a different way to school or back home creates new NEURON pathways. These connections(pathways) take deliberate practice, effort and yes even making mistakes.
- Research shows that the brain can actually get larger through constant learning.

Watch these videos

<https://www.youtube.com/watch?v=5KLPxDtMqe8&feature=youtu.be> 4:07 minutes

<https://www.youtube.com/watch?v=ELpfYCZa87g&feature=youtu.be> 2:03 minutes



Reflection

- *Do I have a GROWTH MINDSET, FIXED MINDSET or a combination of the two?*
- *Does it depend on the activity/task?*
- *Does it depend on the objective? (what do I gain if I succeed?)*



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 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.

**This ends another day.
Take a walk today or dance
around your bedroom. Don't
forget teachers are available to
help you. You need to email us.
We miss you!!!
Work on having a positive Growth
Mindset.**

Mrs. Lamas

