



ELA Virtual Learning

7th Grade Homeroom

April 28, 2020



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Lesson: April 28, 2020

Objective/Learning Target:

- **Students can understand what growth mindset is and understand how they learn.**

Warm Up:

1. Listen to this story, "The Most Magnificent Thing"
2. Journal to the following prompt:

List some things this little girl does when she fails to make something magnificent.

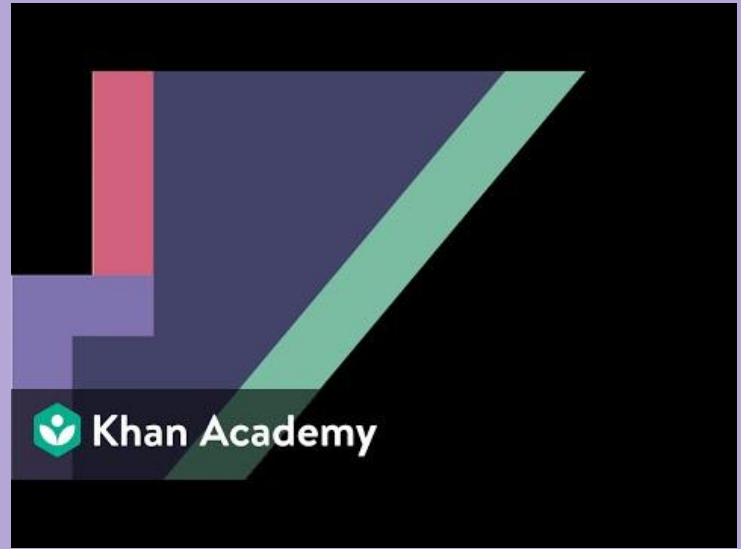


Learn:

Watch “Growing your mind” by Khan Academy.

Answer the following questions:

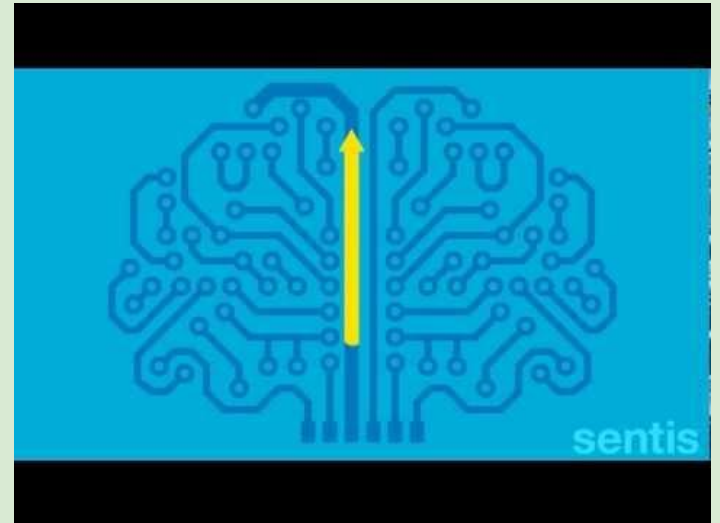
- How do people become more intelligent?
- How does the diagram of the neurons “At birth vs. At age 6” demonstrate this?
- What about the second diagram of the nerves of the animal living in a cage vs. an animal living with other animals and toys?
- How are our brains like muscles?
- When do our brains grow the most?



Learn:

Watch “Neuroplasticity” by Sentis.

- This is a good visual introduction to the concept of how the brain can be rewired as we learn and think differently.
- Answer the following questions
 - What is neuroplasticity?
 - How does neuroplasticity work?
 - How can you “rewire” your brain?



Practice: Read this story (it continues onto the next slide)

When I was in middle school, I remember struggling with adding negative numbers. I had a hard time figuring out what a ‘negative’ even meant when talking about a number - how can you have less than nothing? I ended up going through many practice problems and continuing to get many of them wrong. I was a very shy kid, so I didn’t ask my teacher many questions. My thought was that I had reached ‘the peak’ of my math talent, and it was all downhill from here. I eventually asked my mom about this topic and she explained to me the basic concept of negative numbers. This helped me understand it a little, but it was still fuzzy to me. I then researched online for some real-life contexts to show what these mysterious numbers represented outside of some abstract universe. Some of them made sense, and others didn’t. I still didn’t entirely get it and I was so frustrated that I wanted to just give up (or continue hoping that negative numbers were not going to appear in math class ever again). I started to dislike math simply because I couldn’t understand it anymore.

Practice:

Instead of entirely giving up on my academic career, I eventually mustered up the courage to ask my teacher for help as well. She explained it in a few different ways, and gave me new strategies to try out. After some practice with these new strategies, I started to solidify my understanding of negatives which allowed me to quickly pick up basic algebra afterwards. While it was a lot of work and I wanted to give up at many points during my journey, I eventually was able to 'rewire' my brain so that negative numbers actually made sense to me.

How is this story and example of growth mindset? Use an example from the story to support your answer.

Write about a time that you made your brains smarter. How does working hard, taking on challenges, and finding the right strategy make people smarter?

Additional Resources:

If you want to learn more about growth mindset, check out these links:

- [Fixed vs. Growth: The Two Basic Mindsets That Shape Our Lives](#)
- [Growth Mindset vs Fixed Mindset](#)

