



ELA Virtual Learning

7th Grade Homeroom

May 5, 2020



7th Grade Homeroom Lesson: May 5, 2020

Objective/Learning Target:

- Students can understand the basic neuroscience of how the brain changes and see the power of believing that the brain is malleable.

WARM UP:

Read these two statements. Label one statement as a **Growth Mindset** and one statement as **Fixed Mindset**. Explain why in 2-3 sentences.

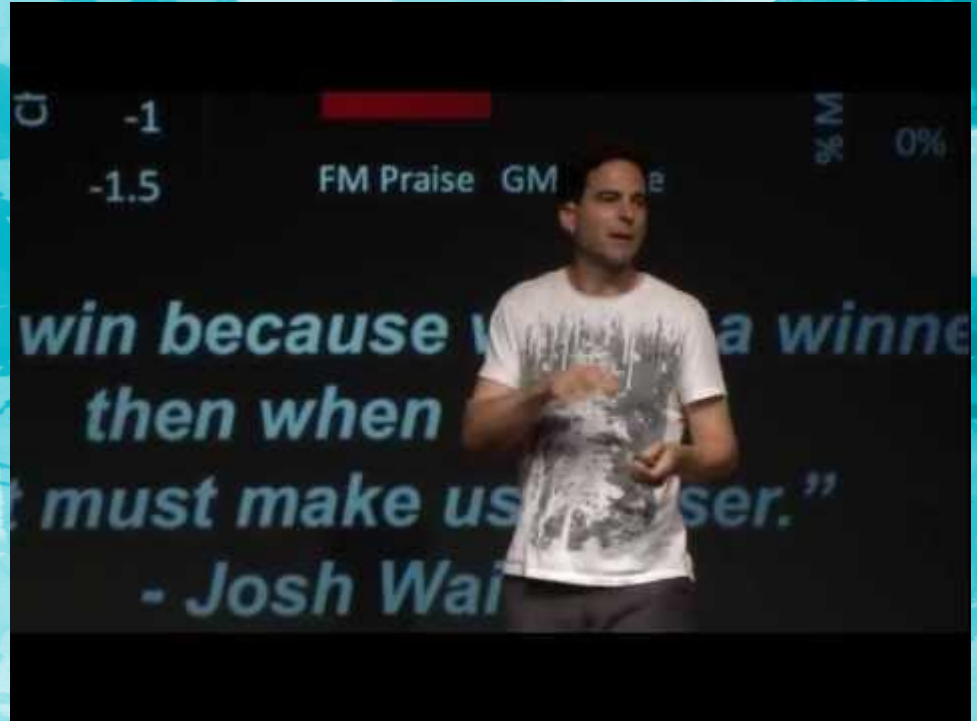
- I am not very good at this yet, but I will learn.
- My mom is bad at math, so I am bad at math too.

LEARN (PART 1)

Watch this video and pause it at 1:57.

[Link to the Video](#)

Briefly discuss Josh's story and the quote: "The moment we believe that success is determined by an ingrained level of ability, we will be brittle in the face of adversity." - Josh Waitzkin



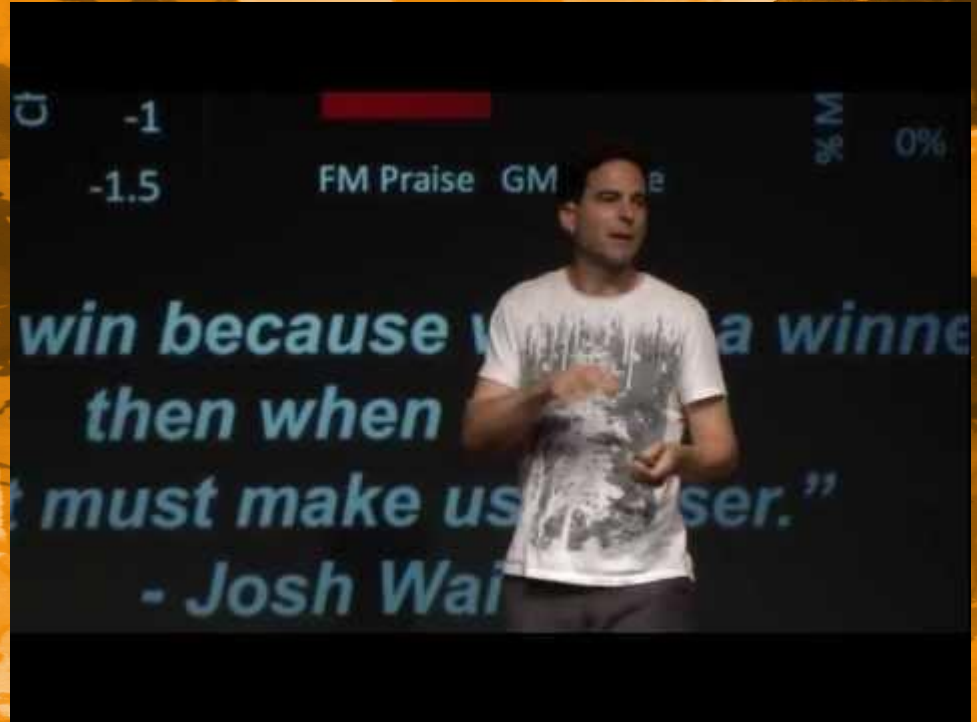
LEARN (PART 2)

Watch this video from 1:58 to 4:20.

[Link to the Video](#)

Think about the study about 7th graders with both fixed and growth mindsets.

- What is a growth and fixed mindset?
- What happened to the 7th graders' scores over the next two years?



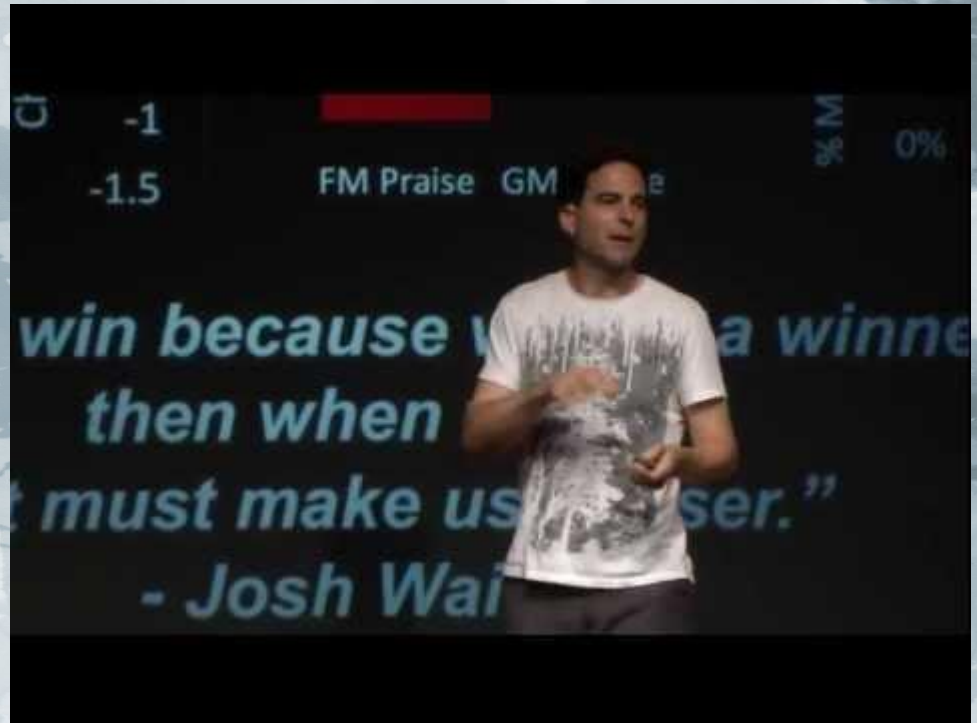
LEARN (PART 3)

Watch this video from 4:21
to 5:36

[Link to the Video](#)

Think about the differences in
Growth and Fixed Mindsets.

- What do people with fixed mindsets focus the most on? How do both mindsets view effort?
- How do both mindsets view obstacles?

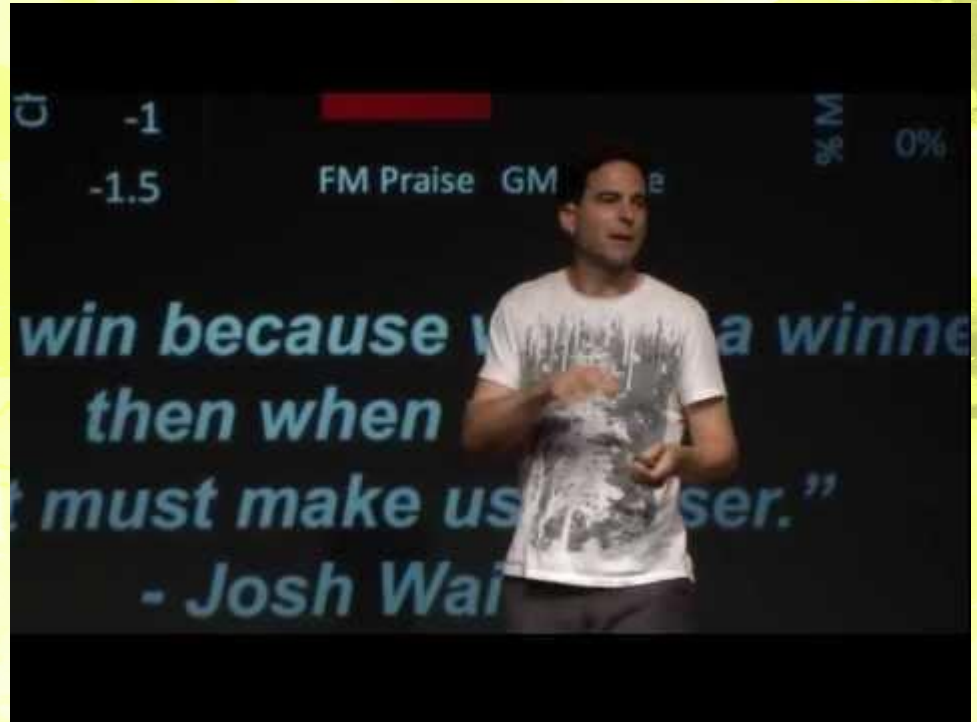


LEARN (PART 4)

Watch this video from 5:37
to 7:55

[Link to the Video](#)

- What was this study about?
- What kind of praise did the kids in the “Fixed Mindset” group get?
- What kind of praise did the kids in the “Growth Mindset” group get?
- What were the results of this study?

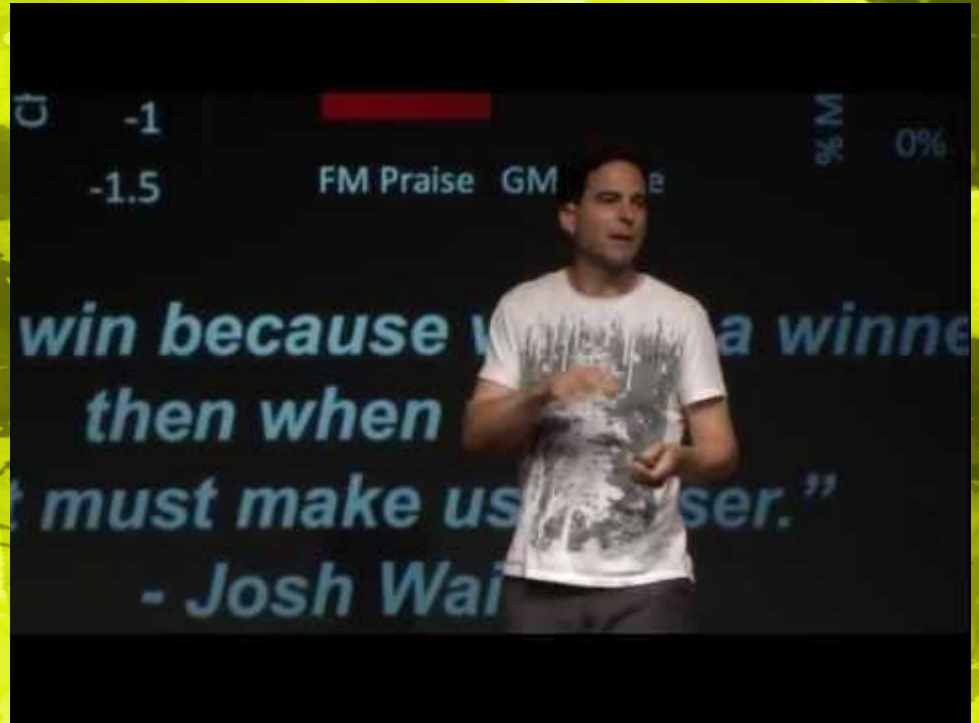


LEARN (PART 5)

Watch this video from 7:56
to the end

[Link to the Video](#)

- How does their brain change?
- How does it grow?



PRACTICE:

Rewrite these **Fixed Mindset** Statements as **Growth Mindset** Statements:

1. This is too hard.
2. I am going to make a mistake.
3. I can't do this.
4. This is good enough.
5. That was so easy.
6. I won't try because I might fail.

ADDITIONAL RESOURCES:

If you would like to learn more about **Growth Mindset**, check out some of these links:

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

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.