

Open Your Class With This Tomorrow *Top 20 Principles from Psychology for PreK-12 Teaching and Learning*

Introduction to Mindset Theory

Directions: Open your school year by introducing students to Carol Dweck's mindset theory which is described in Principle one, *Students' beliefs or perceptions about intelligence and ability affect their cognitive functioning and learning*, by showing her ten minute TED talk about her theory. Before showing the video have students take her online mindset test but allow them to keep their results to themselves. The short free mindset test is available at <http://mindsetonline.com/>

TED Talk – The Power of Believing That You Can Improve

http://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en

Discussion Questions: After watching Carol Dweck's TED talk on mindset theory have students answer the following questions in small groups.

A. As you have seen in the video, the mindset held by a particular individual can impact the choices they make and the outcomes they experience. Based on information from the video answer the following questions with your group.

1. How might individuals with a fixed mindset approach making a decision about which courses to take or career to pursue? How would having a growth mindset potentially impact this same situation differently?
2. How might individuals with a fixed mindset react to a poor test score or grade? How would having a growth mindset potentially impact this same situation differently?
3. How does having a growth v. fixed mindset impact how an individual prepares for exams?
4. Brainstorm a list of at least five actions that individuals could engage in that would help to foster the creation of a growth mindset?

B. The concept of mindset relates to numerous concepts throughout the psychology curriculum. Use the following questions to relate mindset and principle one, *Students' beliefs or perceptions about intelligence and ability affect their cognitive functioning and learning*, to other areas of psychology. Based on your understanding of the following psychological concepts, answer the following questions with your group.

1. How are the concepts of fixed and growth mindsets related to the concept of self-fulfilling prophecy?
2. Explain how individuals with a fixed mindset might be more vulnerable to learned helplessness in academic settings.
3. Relate the two types of mindsets to internal v. external locus of control.

Books For Psychology Class

<http://booksforpsychologyclass.weebly.com/>