

WORKSHOP OUTLINE

KEYS TO COLLEGE SUCCESS WORKSHOP 3: CULTIVATING A GROWTH MINDSET

I. Basic Description: In 2-3 sentences, describe the workshop.

Students will learn about the fixed and the growth mindsets and how cultivating a growth mindset can help you persevere to reach your goals.

II. Workshop Entry Expectations

Any

III. Workshop Exit Standards

Upon successful completion of this workshop, the student will be able to:

- 1) Understand the difference between a fixed and a growth mindset
- 2) Understand that research shows people with growth mindsets are more likely to persevere through challenges in their education
- 3) Identify habits and behaviors of a person with a growth mindset

IV. Workshop Content

The following concepts, ideas, or topics must be covered:

- 1) The difference between a growth mindset and a fixed mindset
- 2) What research shows about how people with a growth mindset are more likely to persevere through challenges
- 3) How people with a growth mindset and how people with a fixed mindset handle challenges, obstacles, effort, criticism, and success of others

V. Methods of Presentation

The following methods of instruction must be used in the workshop:

1. Chart delineating the differences between people with a fixed mindset and a growth mindset
2. Quiz on behaviors typical of a person with a growth or fixed mindset
3. "Vote With Your Feet" activity to help students figure out if they have growth mindset habits or not

VI. Methods of Evaluation

The following methods of evaluation may be used in the workshop:

- 1) Pre- and Post-tests.

VII. Student Learning Outcomes

Upon successful completion of this workshop, the student will be able to demonstrate his/her ability to:

- 1) Describe the difference between a person with a fixed mindset and a person with a growth mindset
- 2) Identify the behaviors and habits of a person with a growth mindset
- 3) Explain why developing a growth mindset is important