

Affective Domain Activity #1: Brainology (Growth Mindset)

Watch the following Ted Talk by Carol Dweck about the power of fixed verses growth mindsets.

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?subtitle=en

Answer the following questions.

1. What are some characteristics of a person with a fixed mindset?
2. What are some characteristics of a person with a growth mindset?
3. What happens to the brain when a person has a growth mindset instead of a fixed mindset?
4. Why is it important to praise children for effort instead of praising them for being smart?
5. How did children who are encouraged to struggle and praised for effort do in school in the long run compared to children who are praised for being smart and fixated on getting A's?
6. Do you feel you have a fixed or growth mindset when it comes to difficult subjects like mathematics? Explain why.

Closure: You will be responding to each other either as a class discussion.

DEVELOPING A **GROWTH MINDSET**

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

