

Lesson Plan: Unlocking Your Growth Mindset

Grade Level: 9th Grade

Duration: 30 minutes

CASEL Competencies: Self-awareness, Self-management

DESSA Subgroups: Self-confidence, Goal-setting

Lesson Objectives:

Reinforce the concept of a growth mindset and its impact on learning and personal development.
Encourage students to identify and transform fixed mindset tendencies into growth-oriented thinking.
Equip students with practical tools to cultivate a growth mindset in academic and personal life.

Materials Needed:

Interactive whiteboard
Pre-prepared slides
Scenario cards depicting growth vs. fixed mindset responses
Student response devices or clickers

Introduction to Growth Mindset (5 minutes)

Teacher Script:

Good morning, everyone! Today we will delve deeper into the concept of a growth mindset. Let's start by revisiting what a growth mindset is and why it matters. Can anyone remind us what it means to have a growth mindset?

Discussion Questions:

What is a growth mindset?

Possible Answer: It's believing that abilities and intelligence can be developed through effort and learning.

Why is it important to have a growth mindset in school?

Possible Answer: It helps us see challenges as opportunities to improve and learn, not as barriers.

Identifying Fixed vs. Growth Mindset (5 minutes)

Teacher Script:

Now that we understand what a growth mindset is, let's identify some common fixed mindset phrases and how we can transform them into growth mindset statements.

Discussion Questions:

What's a fixed mindset statement you've thought before? How can you change it to a growth mindset?

Possible Answer: I'm just not good at math. Can change to I can improve at math with more practice and help.

Why is changing your mindset from fixed to growth beneficial?

Possible Answer: It makes me more open to learning and less afraid of failing.



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Lesson Plan:

Unlocking Your Growth Mindset

Strategies for Developing a Growth Mindset (10 minutes)

Teacher Script:

Adopting a growth mindset isn't just about changing how we think—it's about changing how we act. Let's discuss some strategies that can help us develop and maintain a growth mindset.

Role-play scenarios or group discussions to practice these strategies.

Discussion Questions:

What is a goal that can help you develop a growth mindset?

Possible Answer: To ask for feedback on essays to learn how to write better.

How can embracing challenges help you grow?

Possible Answer: It exposes me to new things and teaches me that I can overcome difficulties through effort.

Applying Growth Mindset to Overcome Challenges (10 minutes)

Teacher Script:

Let's put our knowledge into practice. Think of a recent challenge you faced. We'll work through how to approach it with a growth mindset.

Discussion Questions:

Choose a challenge and describe how a growth mindset could change your approach to it.

Possible Answer: Instead of getting frustrated with difficult science concepts, I can view them as a chance to expand my understanding through study and asking for help.

Reflect on a past failure. How could viewing it through a growth mindset lens change your feelings about it?

Possible Answer: Seeing a failure as a learning opportunity rather than a setback could make me less upset and more motivated to try again.

Closure (5 minutes):

Conclude by emphasizing the ongoing nature of developing a growth mindset. Encourage students to practice the strategies discussed every day and to remind themselves that every challenge is a chance to grow.

This lesson plan for Unlocking Your Growth Mindset uses engaging visuals and interactive elements to deepen 9th graders' understanding of growth mindset, equipping them with the skills to embrace challenges and see failures as opportunities for growth.



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9th grade Strategies for Developing a Growth Mindset role play activity

1 of 2

Role-Play 1: Setting Learning Goals and Embracing Challenges

Scenario:

Two students, Alex and Jamie, are in a math class. Their teacher just assigned a challenging unit on algebra that they find difficult. Alex feels discouraged, while Jamie is excited about the challenge and eager to improve.

Characters:

Alex (struggling student)

Jamie (growth mindset student)

Scene:

Alex and Jamie are sitting in the cafeteria during lunch, discussing their math homework.

Alex:

Sighs "I just can't get this algebra stuff. No matter how much I study, I never seem to understand it. Maybe I'm just not good at math."

Jamie:

Looks at Alex with a smile "I get how you feel. But I used to think the same way too! I didn't get algebra at first, but then I set a learning goal for myself. I wanted to understand it better by the end of the week, so I started breaking it down into smaller parts."

Alex:

"But it feels so hard. I've tried and tried, and I just keep making mistakes. What's the point?"

Jamie:

"Making mistakes is part of learning, Alex! Every time we make a mistake, we learn something new. That's how we get better. When I was stuck, I asked the teacher for help, practiced problems with friends, and watched videos online. Little by little, it started making sense."

Alex:

"But I don't feel like I'm improving at all. It's so frustrating!"

Jamie:

"That's exactly why it's important to embrace the challenge! If you don't struggle a little, you won't grow. The more effort we put into things that are hard, the smarter we get. You just need to believe that you can improve. Have you thought about setting a small goal, like learning one concept at a time, and celebrating each success?"

Alex:

"I guess I never really thought about it like that. I usually give up when things get tough."

Jamie:

"That's okay, but what if we both set a goal to understand the first chapter better this week? Then, we can check in with each other and see how we're doing."

Alex:

"Alright, I'll give it a try. Maybe I can tackle this after all!"

Jamie:

"You've got this, and I'll be here to help."

9th grade Strategies for

Role-Play 2: Reflecting on the Learning Process

Developing a Growth Mindset role play activity

2 of 2

Scenario:

After the math test, Maya and Carlos are talking about their results. Maya is upset about her grade, while Carlos is reflecting on his own performance with a growth mindset.

Characters:

Maya (frustrated student)

Carlos (growth mindset student)

Scene:

Maya and Carlos are sitting in the school hallway after the science test results are handed back.

Maya:

Looking at her test score "Ugh, I can't believe I got such a bad grade. I studied so hard, and it still wasn't enough. Maybe I'm just not cut out for science."

Carlos:

"Wait, hold on. Don't be too hard on yourself, Maya. I didn't do as well as I hoped either, but I'm looking at it as an opportunity to learn."

Maya:

"I don't know how you can stay so calm. I feel like I've failed. What's the point of trying again?"

Carlos:

"I get it. But remember, mistakes and setbacks are part of the process. After I got my test back, I looked through it to figure out where I went wrong. It helped me see which areas I need to work on more."

Maya:

"I didn't even want to look at mine. It's just so discouraging."

Carlos:

"It can be tough at first, but when I reflect, I notice things I can do better next time. For example, I realized I rushed through some of the easier questions because I wasn't confident. But now I know I need to slow down and check my work more carefully."

Maya:

"I guess I didn't even think about reflecting. I was just upset about the grade."

Carlos:

"Yeah, reflecting helps a lot. It's about focusing on the process rather than just the result. So, instead of thinking about it as a failure, I think of it as feedback that helps me get better. I also set a goal to work on the areas I missed for the next test."

Maya:

"That makes sense. So, you think that if I look at where I went wrong, I can improve too?"

Carlos:

"Absolutely! And don't forget that it's okay to ask for help if you're stuck. The more you practice, the better you'll get. It's all part of learning."

Maya:

"Okay, I'll give it a try. I'll start by looking at my mistakes and setting a new goal for next time."

Carlos:

"Great! And remember, it's not about being perfect, but about improving bit by bit."