

**LEARNING MINDSETS
SESSIONS**

Foundation	1	An Introduction to Mindsets behind Academic Success
	2	Growth Mindset: Persisting in the Face of Challenges
	3	Sense of Belonging: Creating Safe Learning Environments
	4	Value for Learning: Finding Meaning and Purpose at School
Practice	5	Designing Learning Environments That Cultivate Positive Mindsets

Facilitator Guide

An Introduction to Mindsets behind Academic Success



Getting students to take on challenges or participate in class can be hard. But the best way to actively make a difference is by trying to influence the mindsets that affect students' motivation. Indeed, a growing body of research suggests that students' mindsets, in particular their beliefs about learning in school, have a dramatic effect on their academic success. When students hold these beliefs, they are better able to take on challenging tasks, improve attendance, and participate fully in schools. This session introduces the research behind three fundamental learning mindsets that motivate students to attend, engage, participate, and persevere in school.

Session Overview

TIME: 55 MIN



Reflection and Connection: 10 MIN
Discuss ways that learning mindsets can be powerful levers of change



Research and Inspiration: 20 MIN
Develop an understanding of key findings from seminal research on learning mindsets








Interactive Application: 20 MIN
Self-assess strengths and areas of growth for cultivating learning mindsets



Next Steps: 5 MIN
Decide on path forward

Learning Objectives:

- Explore the connection between student achievement and learning mindsets
- Identify strengths and areas for growth for developing practices that support learning mindsets

Steps		Materials
 Prep	<ul style="list-style-type: none"> Review the <i>Facilitator Narrative: The Story behind Learning Mindsets</i> and slides to familiarize yourself with key messages, details, and findings from studies on each of the three learning mindsets 	<ul style="list-style-type: none"> Facilitator Narrative: The Story behind Learning Mindsets
	<ul style="list-style-type: none"> Based on your knowledge of participants' learning styles, determine if you will provide digital or hard copies of the <i>Facilitator Narrative: The Story behind Learning Mindsets</i> they will listen to in Step 1 	
Full Session 55 MIN		<ul style="list-style-type: none"> Slides Participant Note Catcher
 10 MIN	1 Become familiar with the connection between mindsets and academic success	<ul style="list-style-type: none"> Facilitator Narrative: The Story behind Learning Mindsets
	2 Discuss individual experiences with how mindsets impact student learning	
 20 MIN	3 Explore research on academic mindsets	<ul style="list-style-type: none"> Research Brief: Three Learning Mindsets
	4 Connect research findings to specific practices for building mindsets	EXTENSION <ul style="list-style-type: none"> David Yeager: Feedback and Learning Mindsets
 20 MIN	5 Self-assess how participants' current and aspirational classroom practices cultivate positive learning mindsets	<ul style="list-style-type: none"> Learning Mindsets Self-Assessment
	6 Synthesize individual takeaways with those of colleagues	EXTENSION <ul style="list-style-type: none"> Adult Mindset Survey
 5 MIN	7 Complete exit ticket	<ul style="list-style-type: none"> David Yeager: Feedback and Learning Mindsets
	8 Decide on path forward	
Follow-Up	<ul style="list-style-type: none"> Review participants' exit tickets Provide additional resources and support as needed Determine next steps for professional learning 	<ul style="list-style-type: none"> If appropriate: Learning Mindsets Session 2: Growth Mindset: Persisting in the Face of Challenges

Download materials for this session at <https://eskolta.org/learningcenter/sessions/an-introduction-to-the-mindsets-behind-academic-success/>

For tips on facilitation, visit the School Improvement Methods section of our site at <https://eskolta.org/learningcenter/>



Reflection and Connection | 10 MIN

In the opening activity, participants explore and reflect on the links between learning mindsets and academic achievement.

1. Share a Story about Mindsets | 3 MIN



MATERIALS:
Distribute
Participant
Note Catcher

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A Story about Mindsets:

- As you listen to *The Story behind Mindsets*, note any connections to your own experiences as a teacher and learner.



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FACILITATOR MATERIALS
Read
Facilitator Narrative: The Story Behind Learning Mindsets

This narrative introduces participants to the impact and mechanisms behind learning mindsets with a summary of key research and anecdotes from the field.

FACILITATOR: Recount the story in the **Facilitator Narrative: *The Story behind Learning Mindsets*** out loud. This story highlights how mindsets, though often viewed as mysterious or magical, are actually critical to learning.

PARTICIPANTS: As you listen to *The Story behind Mindsets*, note any connections to your own experiences as a teacher and learner.

*Consider making copies of *The Story behind Learning Mindsets* available for visual learners and/or providing digital access to it for participants who would like to follow along.*


2. Discuss Connections | 7 MIN

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Discuss Connections:

Individually reflect in writing and then discuss in pairs:

- Think of a student who you think experienced a “flipping the switch” moment.
- Who were they?
- What happened?
- What do you think caused that change?



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Providing an opportunity for discussion allows participants to process their reflections, unearth connections to their own learning experiences, and engage in collaborative inquiry with colleagues.

FACILITATOR: Invite participants to first individually reflect in writing about experiences with mindset changes and then share in pairs.

PARTICIPANTS: Think of a student who you think experienced a “flipping the switch” moment. Who were they? What happened? What do you think caused that change?

Be prepared with 1–2 examples in case participants need support getting started. These could be based on your own experiences as a teacher or learner or on stories that participants have previously shared with you about their own students.



Research and Inspiration | 20 MIN

Participants deepen their understanding of learning mindsets by exploring research demonstrating their impact on academic success.

3. Explore Studies on Mindsets | 10 MIN



MATERIALS:
Distribute
Research Brief: Three Learning Mindsets

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Three Learning Mindsets

Mindsets for Perseverance
To persist in hard work, students need to learn from setbacks, believe that effort will pay off, and have a sense of belonging and ownership over their own learning.

- #1 Growth Mindset
- #2 Value for Learning
- #3 Sense of Belonging

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Participants explore research on interventions that have been shown to improve three learning mindsets: growth mindset, value for learning, and sense of belonging.

FACILITATOR: Distribute the *Research Brief: Three Learning Mindsets*, which summarizes four different studies about interventions that have been shown to influence students' mindsets. The corresponding slides show graphs from these studies. Conduct a read aloud, pausing after participants read each summary to look at the slides together.

PARTICIPANTS: As you read, mark anything that resonates with or that you are wondering about.

If you are familiar with the findings from these studies and/or think that participants might want to read the summaries individually, review the materials in advance and prepare a few talking points for each slide. Take five minutes to go over the slides and then prompt participants to use the rest of the time to read on their own.

4. Discuss | 10 MIN

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Discuss:

- What resonated with your experience?
- What challenged or extended your thinking on this subject?
- What implications do you see for your school, classroom, and students?

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Self-reflection empowers learners to derive their own meaning from research. This activity allows participants to consider their existing understanding of mindsets through the lens of research-based findings on their impact.

FACILITATOR: Invite participants to explore connections between research on learning mindsets and their own experiences.

PARTICIPANTS: What resonated with your experience? What challenged or extended your thinking on this subject? What implications do you see for your school, classroom, and students?

Listen for moments when participants may cast blame on students for their behavior. Use questioning to steer participants to think about how the context surrounding a student's behavior and the way students see themselves within a school community have been shaped by experiences beyond their control—including by poverty, trauma, racism, or insecurity.

Extension | 20–30 MIN

Watch and discuss the video clip *David Yeager: Feedback and Learning Mindsets* for information about the impact of feedback on academic mindsets.




Interactive Application | 20 MIN

Participants identify areas of strength and areas for growth in fostering positive student mindsets in their own classrooms.

5. Self-Assess | 10 MIN




MATERIALS:
Distribute
**Learning
Mindsets Self-
Assessment**

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Self-Assess:

Consider practices in your own classroom that cultivate learning mindsets.

- Which practices have a strong presence in your own work with students?
- Which do you think would be valuable to implement?
- Star the top three practices you would like to strengthen.



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In this activity participants use a set of indicators aligned to the three learning mindsets to self-assess areas within their own classroom where they could strengthen practices that build student mindsets.

FACILITATOR: Distribute the **Learning Mindsets Self-Assessment**. Prompt participants to think about interactions with their own students while filling out the self-assessment.

PARTICIPANTS: Consider practices in your own classroom that cultivate learning mindsets. Which practices have a strong presence in your own work with students? Which do you think would be valuable to implement? Star the top three practices you would like to strengthen.

Remind participants to focus on looking for strengths as much as the opportunities for growth. Improving upon routines and practices that already exist can allow for easier implementation and more sustainability.

6. Share and Synthesize | 10 MIN


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Share and Synthesize:

In pairs, share the top three practices you would like to strengthen.

Discuss:

- Where did we rate ourselves in similar ways?
- Where did our ratings diverge?
- What might be the reasons behind that?
- What are potential next steps for cultivating positive learning mindsets for our students?



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This activity provides participants with an opportunity to synthesize their individual ideas with their colleagues' ideas, thus illuminating broader schoolwide trends.

FACILITATOR: In pairs, ask participants to share the top three practices they would like to strengthen and identify areas of overlap. Then bring the full group back together and ask each pair to share one key takeaway from their discussion.

PARTICIPANTS: Where did we rate ourselves in similar ways? Where did our ratings diverge? What might be the reasons behind that? What are potential next steps for cultivating positive learning mindsets for our students?

Document a synthesized list of participants' takeaways on chart paper or digitally to serve as an ongoing resource for reflection and self-assessment.



Next Steps | 5 MIN

Based on where the group lands, invite participants to commit to completing follow-up steps before the next meeting.



MATERIALS:
Distribute
Exit Ticket

7. Wrap-Up | 3 MIN

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Learning Wrap-Up

- Reflect on what you learned today.
- How do your takeaways compare to the session's Learning Objectives? How were these objectives addressed today?

LEARNING OBJECTIVES:

- Explore the connection between student achievement and learning mindsets
- Identify strengths and areas for growth for developing practices that support learning mindsets



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Reflecting on learning promotes closure and consolidation of new knowledge and skills.

FACILITATOR: Distribute the *Exit Ticket*. Invite participants to share how their thinking has shifted.

PARTICIPANTS: How do your takeaways compare to the session's Learning Objectives? How were these objectives addressed?


Consider highlighting specific insights or questions that emerged during the session and how they connect to the Learning Objectives.

8. Next Steps | 2 MIN

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What's next?

- Learn more about how schools have developed practices for cultivating mindsets.
- Further explore research behind learning mindsets.
- Understand the impact of mindsets on students' experiences in school.
- Explore research behind and strategies for fostering growth mindset, value for learning, and sense of belonging.
- Develop instructional practices that build student mindsets.



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Establishing next steps ensures that today's work is carried forward.

FACILITATOR: Offer next steps or follow up with participants based on their *Exit Ticket* responses.

PARTICIPANTS: What's next for your professional growth? What will you take back to your classroom? What resources will you need? How will you impact student learning? What evidence would determine that impact?

Participants may be at different places at this point. Provide specific recommendations based on readiness, such as in the chart on the following page.



Next Steps | CONTINUED

Based on where the group lands, invite participants to commit to completing follow-up steps before the next meeting.

If participants need to...	Support them in...
Further explore research behind learning mindsets	Reading and discussing research demonstrating the relationship between mindsets and success in school: <ul style="list-style-type: none"> ▶ Stereotype Threat Widens Achievement Gap ▶ African-American Students May Improve Grades if Teachers Convey High Standards, Study Shows ▶ The New Science of Wise Psychological Interventions
Understand the impact of learning mindsets on students' experiences in school	<ul style="list-style-type: none"> ▶ Listening to transfer school students tell their stories of growth and mindset change through our Transfer School Stories series
Learn about how schools have developed practices for cultivating mindsets	<ul style="list-style-type: none"> ▶ Reviewing the library of Academic and Personal Behaviors Starter Kits shared in Learning Mindsets Session 5: Designing Learning Environments That Cultivate Positive Mindsets
Explore the research behind and strategies for fostering growth mindset for student learning	<ul style="list-style-type: none"> ▶ Reviewing Learning Mindsets 2: Growth Mindset: Persisting in the Face fo Challenges ▶ Reading and discussing research by Carol S. Dweck or Bryan Goodwin
Explore the research behind and strategies for promoting value for learning in the classroom	<ul style="list-style-type: none"> ▶ Reviewing Learning Mindsets Session 3: Sense of Belonging: Creating Safe Learning Environments
Develop instructional practices that build student mindsets	<ul style="list-style-type: none"> ▶ Reviewing Learning Mindsets Session 5: Designing Learning Environments That Cultivate Positive Mindsets