**Encourage a Growth Mindset**

*How to get the most out of a 1 to 35 class ratio?*

*Providing Effective Support to all Acceleration Students*

**Presenters:** Julia Raybould-Rodgers and Chellis Ying

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**Growth Mindset Effectiveness:**

* Although our acceleration courses cover different curriculum themes, all courses share a similar pre-unit that addresses a growth mindset.
* Students are responsive to shifting to a growth mindset, but need reminders throughout the semester, especially when a paper is due.
* By altering the way students perceive their learning process, they are able to take control of their educational experience.

**Allan Hancock College Pre-unit Acceleration Material:**

1. Carol Dweck’s “Brainology”
2. Rita Smillkstein’s “We’re Born to Learn”
3. Ryan Blair’s “5 Steps of Compartmentalization”
4. Paul Tough’s “Who gets to Graduate?”
5. Andrea Kuszewski’s “You can increase your intelligence”
6. [VIDEO] *TEDxManhattanBeach*: Eduardo Briceño’s “The Power of Belief - Mindset and Success”

**Self Reflection** **Exercises that Encourage a Growth Mindset:**

Directions: After processing the growth mindset material, check in with the students throughout the semester to prevent them from falling back into a fixed mindset.

**Early Semester:**

1. What do you do when you have difficulty with a reading assignment?
2. When completing a writing assignment, what are three aspects that you feel confident about? What are three aspects that you feel need to be improved?
3. Which of these things on your list fall under a fixed mindset? How can you transition these into a growth mindset?

**Mid-Semester:**

1. What have you found to be the most challenging about building your reading and writing skills? Which assignments and/or readings have you found to be the most supportive of your learning process?
2. What is a fixed mindset about your writing skills that keeps popping up? What are you doing to shift this into a growth mindset?
3. Pledge ONE commitment you can make and uphold for the remainder of this semester, and explain why this commitment is important to you. This could be showing up to every class on time, or completing every assignment to the best of your ability, or annotating every reading assignment.

**End of Semester:**

Directions: Use your final essay to reflect on your learning process in English 595. You can organize it however you want—here are some questions to consider:

1. What do you see as your strengths and areas of improvement in academic writing? Are you writing differently than you did in the past?
2. What do you see as your strengths and areas of improvement in academic reading? Do you read differently than you did in the past?
3. What do you see as your strengths and areas of improvement in critical thinking? Do you think more critically than you did in the past?
4. Describe your motivation this semester? What was motivating you to complete the class work? How much was “intrinsic motivation” (for the learning process/to gain skills), and how much was extrinsic (for a good grade/avoiding punishment)? Were there moments when your motivation dropped or was especially high? If so, what happened?
5. Describe 1 or 2 moments from the class that stand out as positive experiences that represent a growth mindset. Sum up 1 or 2 things that you are taking away from this class.

**Journal Writing Exercise:**

1. Write about a situation where you had a fixed mindset that still affects you today.
2. Write about a time where you were able to transform your fixed mindset to a growth mindset. Option: you may write about someone you know.
3. How has your attitude towards learning changed as the result of the articles you read in the first week of class? How serious of a problem is procrastination for you in completing assignments?
4. What is your opinion of Angela Lee Duckworth's ideas about “grit?” Duckworth states in her April 2013 TED Talk, “Grit: The Power and Passion of Perseverance,” “Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day in, day out, not just for the week, not just for the month, but for years, and working really hard to make that future a reality. Grit is living life like it's a marathon, not a sprint.”