

From Self-Sabotaging to Success:
*How to Address Fear and Build Community in
an Accelerated Pre-Statistics Classroom*

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College of the Canyons

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Warm-up Activity

Over 80% of our students are placed into a developmental math course.

1. Why do a majority of our students fail to complete a transfer level math class?
2. What can or should we do (as instructors and institutions) to help students be more successful?

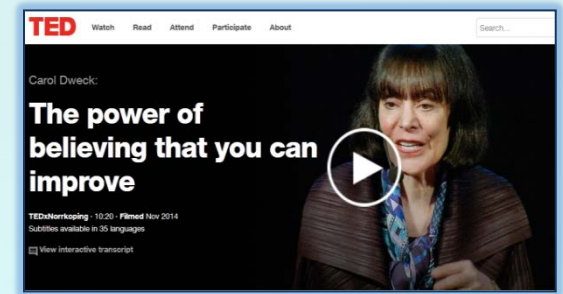
Intentional Support for Students' Affective Needs

Pedagogical practices are employed to

- reduce students' fear
- increase their willingness to engage with challenging tasks
- make them less likely to sabotage their own classroom success.

Pedagogical Practices

Assignments (reading/videos)



Team building/Community building

Rotation of groups

Name Challenge

Gamefication

Brainology Reading/Discussion



1) In your own words, define “fixed mindset” and “growth mindset.”

2) How does this article help you better understand self-sabotaging behaviors of our students?

Journals/Reflections

My experience in math, have been a total roller coaster. Past math classes made me feel insignificant. I felt like I couldn't achieve my goals. I was discouraged. That's why I decided to take pal and seriously buckle down and have math everyday. I knew coming in to pal was going to be challenging but I was ready. I take responsibility for the grades I gotten thus far. I know that who I was is not the person I am today. It has been challenging but I seem to love math each day more and more. I feel that Math 075 and 140 pal course has made me see math differently. Its challenging enough but at the same time easy to understand. This is the math I've been looking for, for example relating to life around us. We can actually use these concepts

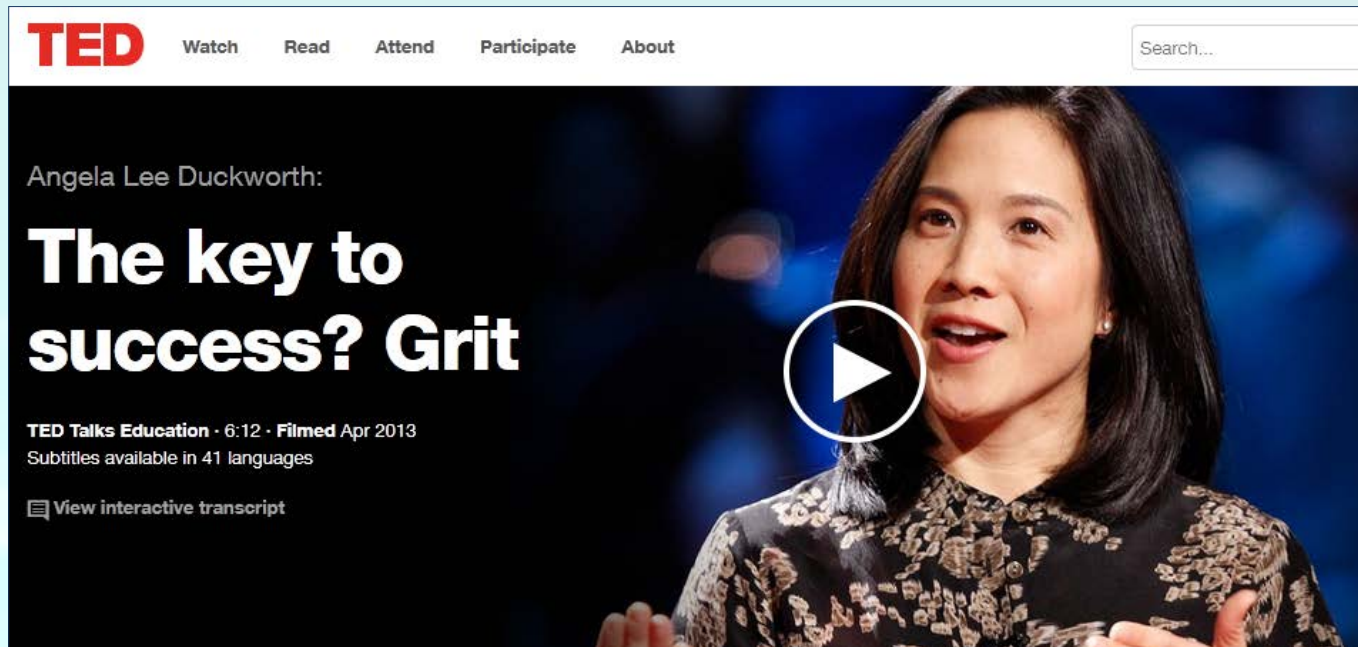
Journals/Reflections

For the student essay you received:

Identify and highlight passages to share with the group, including statements that

- interested you
- surprised you
- expressed the need for activities like these

Angela Lee Duckworth: Grit



TED Watch Read Attend Participate About

Angela Lee Duckworth:

The key to success? Grit

TED Talks Education · 6:12 · Filmed Apr 2013
Subtitles available in 41 languages

[View interactive transcript](#)

The image shows a screenshot of the TED website's video player interface. At the top, the TED logo is on the left, and navigation links for 'Watch', 'Read', 'Attend', 'Participate', and 'About' are in the center. A search bar is on the right. Below the navigation is a large video player area. On the left side of the player, the speaker's name 'Angela Lee Duckworth:' is displayed above the title 'The key to success? Grit'. Below the title, it says 'TED Talks Education · 6:12 · Filmed Apr 2013' and 'Subtitles available in 41 languages'. At the bottom left of the player area, there is a link 'View interactive transcript'. The right side of the player area shows a video frame of Angela Lee Duckworth speaking, with a large white play button icon overlaid in the center.

Final Reflection

Based on previous assignments

- Brainology: Transforming Students' Motivation to Learn
- Margaret Heffernan (TED): Dare to Disagree
- When to let learners struggle
- Angela Duckworth (TED): Grit
- Susan McGonigal (TED): How to make stress your friend

Final Reflection Example

1. How has your attitude towards math changed since Day 1 of this semester?
2. How has your view of hard work, grit and stress changed since Day 1 of this semester?
3. Which of the above materials influenced you the most and why?
4. What did you most enjoy learning from these materials?
5. As a result of these mindset/grit activities, what else have you learned about yourself? How do you think these insights will influence you as you continue to pursue your education and career goals?

Additional Resources

Assignments created by College of the Canyons English and Math faculty

- Confuse Students to Help Them Learn
- Struggle Your Way to Success
- Teaching Students to Embrace Mistakes
- The Power of Vulnerability
- The Truth about Self-Deception

Available online in July 2015

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Student Panel

- 1) Share your memory of first reading the Dweck article.
- 2) Which other article(s) were helpful?
- 3) How did the collection of articles/TED Talks assist you in reflecting on mindsets and also in building community in the classroom?

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End of Presentation