



uBEATS Teacher's Guide:

Growth Mindset 2

(Grades 9-12)

This teacher guide is a supplementary text to support the use of the uBEATS Growth Mindset 2 module for grades 9-12.

To help students develop the knowledge necessary for an incredible future in health care, we created UNMC Building Excellence in Academics Through STEM (uBEATS), an online health science resource for Nebraska students.

UNMC uBEATS modules are short (15 minutes or less), interactive online health science modules to supplement curriculum taught in grades 6 – 12. These do not replace curriculum, but are a supplement for teachers and students incorporating evidence-based information and UNMC expert guided material. Each module is chunked into sections with formative and summative assessments with immediate feedback provided.

Tips on how to utilize uBEATS modules:

- Internet access is required to view uBEATS modules.
- For those who have access to one-to-one technology, modules can be used in or outside of the classroom as a topic introduction, extension, or review.
- For classrooms without individual student devices modules can be used in whole group instruction. Formative assessment questions can use the teacher's preferred call and response method and summative assessment questions can be displayed on the board and answered individually by students or printed and distributed to students after viewing the module.

Objectives

Upon successful completion of this learning module, you will learn:

1. What to expect with Growth Mindset
2. How to develop Growth Mindset



Introduction

After completing the first E-module about Growth Mindset, you are familiar with what Growth Mindset is, what it can be used for, and if you currently possess this skill. Now, whether you currently possess this skill or not is not important. Growth Mindset can be learned or built on with conscious utilization or it can be lost by neglect. This module will teach you what to expect when developing Growth Mindset, how to develop it, and more importantly how to keep it.

Prior Knowledge

Before beginning this module, the teacher should understand:

- Next Generation Science Standards (NGSS) featuring [Three-Dimensional Learning](#).
- [Nebraska Standards for Career Readiness](#) Pg. 13

1. The career-ready individual applies appropriate academic and technical skills.

C. Strategic Thinking

1. Practices reasoning and systems-level thinking to deal with varied concepts and complexity.
2. Analyzes elements of a problem situation to develop solutions.
3. Uses acquired academic and technical skills to improve a situation or process.
4. Seeks to enhance knowledge and skills through ongoing professional development.

Key Terms/Vocabulary

Growth mindset, fixed mindset, internal dialogue, SMART goals, imposter syndrome.

Science Standards

[Nebraska Science Standards](#) Pg. 3

Content Area Standards Structure

Nebraska Family and Consumer Education Standards (MS & HS)

HSE.MS.8.14: Analyze factors that impact self-formation
HSE.HS.13.7: Analyze methods of overcoming crisis.



Extensions of the lesson

To help students become more familiar with the Key Terms of this module, the teacher can use the vocabulary list for a classroom Word Wall or integrate the vocabulary into classroom word games during review sessions. As the students work to complete this module, they will encounter these Key Terms.

Encourage students to check current events for the latest news involving study habits.

As student misconceptions become apparent, the teacher may need to reinforce these important concepts:

- The information presented in this module is directed toward graduate students. However, these strategies are also useful for high school students preparing for college.
- State and national content standards list the “what” of a student’s learning experience. This module provides support for “how” the learning can be accomplished.
- “SMART” goals are described as
 - Specific
 - Measurable
 - Achievable
 - Relevant
 - Time-bound
- Growth mindset helps a person to realize that their personal skills and intelligence have been developing, and can continue to develop, throughout their lifetime.
- Growth mindset and fixed mindset are at opposite ends of a natural continuum within a person’s thought processes. As someone’s mind slides from one end of the scale to the other, neither mindset disappears forever. If a person successfully cultivates a growth mindset, they must continue to maintain the growth. Likewise, if a person finds themselves in the negativity of a fixed mindset, they can still consciously grow toward the other end.
- Although most of the research and literature about growth mindset has been done in the field of education, the concepts apply to all aspects of life, including personal development, careers, relationships, sports, hobbies, etc.

Enrichment

The UNMC Office of Interactive e-Learning offers additional modules about Study Skills among their [Online Science Education Resources](#). See [uBEATS](#) for details.

To learn more about developing Growth Mindset, see [Cultivate Growth Mindset](#).

For more information about study strategies, see [Strategies for Success.](#)

For classroom activities about study skills, see [Top 10 Study Skills for High School Students](#).

To learn about the study-skills transition from high school to college, see [Study Smarter Not Harder](#).