

uBEATS Teacher's Guide:

Growth Mindset 1

(Grades 9-12)

This teacher guide is a supplementary text to support the use of the uBEATS Growth Mindset 1 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

1. What is Imposter Syndrome?
2. What is a Growth Mindset?
3. Why is Growth Mindset important?
4. Do you currently have a Growth Mindset?

Introduction

As students gradually advance to higher levels of education, from high school to college to post-graduate and beyond, many individuals begin to wonder if they really belong at each new level. They face challenges that they have never faced before, and some people may begin to ask themselves if they have reached their limit. This module explores Imposter Syndrome and introduces skills to cope with this issue and deal with its causes.

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. 18

5. The career-ready individual uses critical thinking.

C. Adaptability

1. Demonstrates a willingness to learn new knowledge and skills.
2. Considers multiple and diverse points of view.
3. Manages multiple tasks and priorities.
4. Exhibits the ability to focus, prioritize, organize and handle ambiguity.

Key Terms/Vocabulary

Imposter syndrome, growth mindset, innate skills, resilience.

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.
- Imposter syndrome can occur at any level of education, as well as at various stages of professional life. The feeling of “being in over my head” or “not qualified for this” happens to many people. It is important to recognize the causes of imposter syndrome and to deal with it appropriately.
- 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 can be a solution to imposter syndrome by turning negative situations into learning opportunities.
- 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.

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](#).