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Week 1: Learning Foundations & STEM Confidence

Module 2: Growth Mindset 2

Lesson: Building and Maintaining Growth Mindset

Lesson Overview	
Students will understand how mindset affects learning and how growth mindset develops over time. They will practice reflecting on their own thinking and identify actions that help them improve when facing challenges.	
Learning Targets	Vocabulary
Explain how a growth mindset develops over time. Identify actions that help build and maintain a growth mindset. Reflect on thinking and adjust it to support learning.	Growth Mindset Belief that abilities can improve with effort and practice Fixed Mindset Belief that abilities cannot change Internal Dialogue The thoughts you have in your mind Reflection Thinking about your actions to improve SMART Goals Goals that are specific, measurable, achievable, relevant, and time-based
Materials	Instructional Notes
Module Paper or notebooks Whiteboard or chart paper Markers	Students may believe that having a growth mindset means always thinking positively or never struggling. Reinforce that challenges, mistakes, and negative thoughts are normal. The goal is to recognize those thoughts and choose actions that support improvement. Emphasize that growth mindset requires ongoing practice.



Learning Experience		
8 min	Opening	Present three scenarios of students responding to failure: • A student who believes they cannot improve • A student who looks for a new strategy • A student who avoids the situation Ask: “Which response will lead to improvement over time? Why?” (Students decide first, then rank) Then have students rank the responses from most helpful to least helpful. Take 2–3 student explanations only and record key ideas. Students: • Choose the response they think is most effective and justify • Rank the scenarios • Share reasoning with the class
15 min	Module	Focus: • How growth mindset develops • What to do when facing challenges or failure • How thoughts influence actions • Why consistency matters Quick checks: • Ask students to identify one action that supports growth mindset
15 min	Application	Ask students to think of a recent school challenge Display reflection questions: • What did you think during the challenge? • What is a more helpful thought? • What is one action you can take next time? Have students write responses first. Then share with a partner. Students: • Reflect on a real experience • Write their original thoughts honestly • Develop a more helpful thought • Identify one specific action for next time • Share responses with a partner Sentence frame: I will change my thinking to _____ because _____.
2 min	Reflection	What is one small action you will take the next time you face a challenge, and how will it help you improve?
2 min	Career Connections	In many careers, especially in science and healthcare, professionals face challenges and must keep improving their skills. Success depends on learning from mistakes,

		adjusting strategies, and staying persistent. Developing a growth mindset helps students build habits that are essential for long-term success.
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