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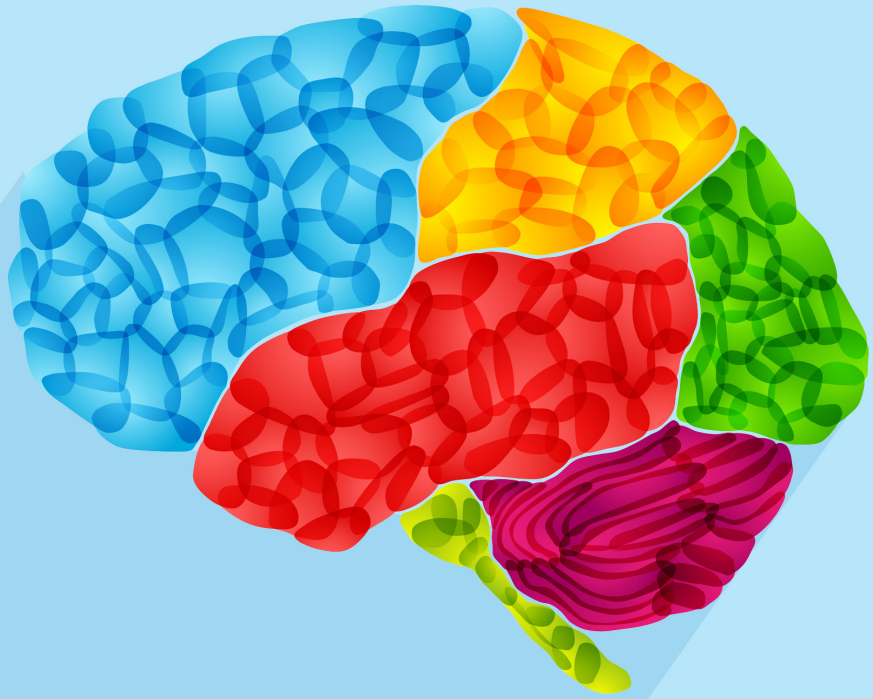
Applied Brainology®

Student Mindset Builder



Applied Brainology® Curriculum
Guide for Home Use

Applied Brainology®

Implementation Guide for Home Use

Applied Brainology® Curriculum

Building Students' Confidence, Fulfillment, and Achievement Through the Understanding of Expandable Intelligence

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Applied Brainology® Curriculum: Reinforcing a Growth Mindset

In Applied Brainology® the goal is to sustain, reinforce, and deepen students' growth mindsets and help them develop the metacognitive practices and habits that they can put into practice in all their content classes throughout the year. Students are encouraged to take charge of their learning, self-monitor, and reset their course based on personal outcomes.

The Applied Brainology® curriculum is comprised of 22 lessons that are designed to take place once per week, but activities can be spread out even more. The curriculum includes video and review materials of how the brain grows; it is designed to remind students of the Brainology® experience, as well as accelerate students who **have not** experienced Brainology® yet. Next, students engage in a series of activities to practice self-assessment, goal-setting, planning, self-monitoring, and reflection. The curriculum can stand alone even if students have not had the original Brainology instruction.

There are five strands that spiral throughout the curriculum:

1. Growth Mindset

2. Goal-Setting

3. Emotions, Stress & Learning

4. Effective Effort

5. Learning Strategies

The strands indicate the overall theme of each lesson. The first seven lessons spiral through Goal Setting; Growth Mindset; and Emotions, Stress & Learning. The next seven lessons spiral through Effective Effort, Learning Strategies, and more work with Goal Setting. The last seven lessons provide continued practice in all of the strands. There are additional resources for parents to use to go even deeper with a strand when needed.

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Blended Learning Curriculum

Five video lessons are designed to be completed independently and are indicated with the video icon. Students will use a computer, laptop, or tablet to view videos, participate in discussion boards, and complete a module assessment online. Students may watch the 6-7 minute videos multiple times to complete these activities if needed.

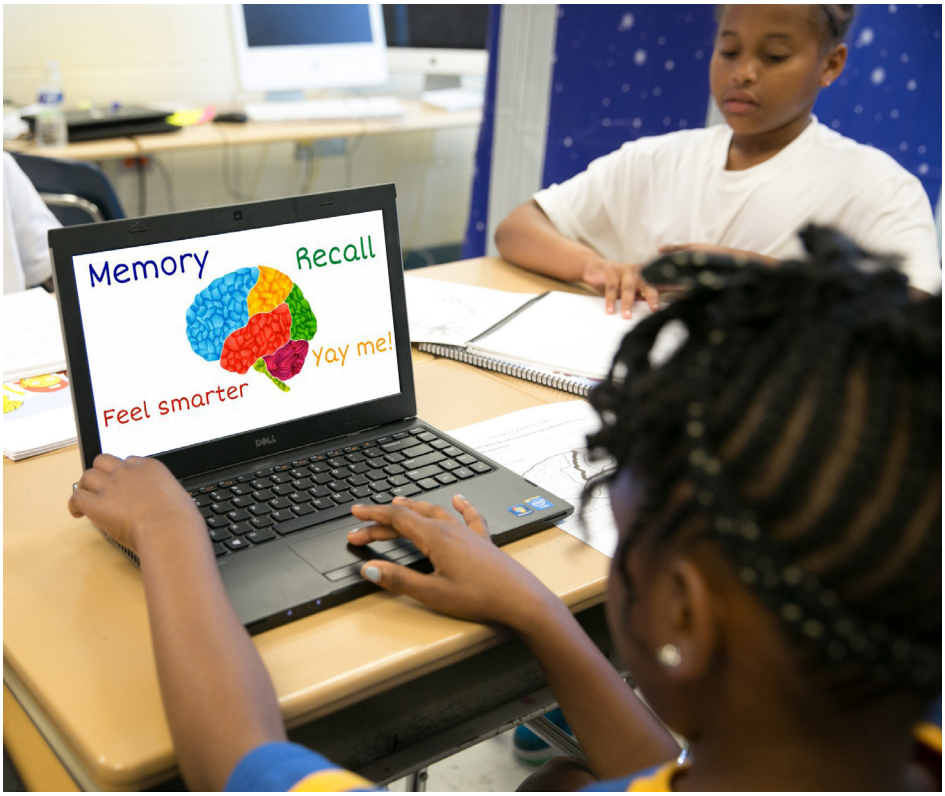
Video Icon

The lessons are designed to be flexible in their implementation, and include:

- Access to Applied Brainology® online course
- Rubrics for students to assess their own growth-minded and academic behaviors
- Growth Mindset Goal-Setting templates
- Surveys and scans with self-scoring, feedback, and student planning for improvement
- Resources for effective learning strategies
- Games and active learning options

By engaging with these activities at home over the year, students will learn the strategies needed to promote growth in school and outside of school. Furthermore, students will practice those strategies in a variety of ways until they become deeply-embedded habits. Coupled with parental support, students will cocreate a learning environment that promotes a growth mindset and self-efficacy.

On the next page, you will find a sample implementation plan with hyperlinks to the lessons. You should feel free to alter the plan, change the order, substitute activities, or repeat activities as desired.



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Lesson 5

Growth Mindset Goal-Setting

- Goal-Setting Mini Lesson 2: Making a Plan

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Lesson 5: Growth Mindset Goal-Setting

Strands: Growth Mindset

Objectives:

- Students will learn how to set growth mindset goals; set a personal goal; reflect deeply about their plan, tools, and strategies to reach that goal; and create an action plan.

Time: 35-45 min.

Materials: Growth Mindset goal-setting template

Activity 1: Action Planning: Begin by debriefing with the student:

What is a Growth Mindset Action Plan?

1. You choose specific and effective strategies to achieve success, and you decide when and how you will use them.
2. You consider the resources you will need and where you will get them.
3. You have a vision for success and know how to measure progress.
4. You plan to review your progress, get feedback, and reflect on how you can adjust your plan if needed so you can continue to grow.

What are possible strategies for success?
Brainstorm/chart list of possible strategies with your student for a relevant sample goal.

When and how can you measure progress?
(Brainstorm/chart the ways you could measure progress towards a relevant sample goal.)

1. Explain that they will be developing an action plan to meet their goal.
2. Parent may choose to:
    - Provide an example of the goal template that is already filled out with the action plan information, and share it with the student to talk about how to plan actions that will achieve a goal.
    - Fill out one together for a goal the parent has already determined or one that the student selects. The student will suggests barriers they might face, tasks they could complete, supports they could tap into, etc.
3. Working individually, students use their goal template to create a plan to achieve their goal, identifying the strategies they will use, the resources they will need, and how they will measure their progress.

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4. Parent reviews the student's plans together, and/or the parent provides written feedback before the student implements their plan.
5. Commitment and putting the plan to work: Ask your student if he/she is willing to commit to their action plan and get started on it. They can sign their plans and save them in a binder or folder, or post them on their wall or refrigerator to keep them in mind.

The Parent as Facilitator

Here are some sample questions you can ask your student to help them create a great growth mindset action plan:

If your student chooses strategies that are too vague or general (e.g., "work harder"):

- What would it look like if you worked harder/studied more for that? What different steps would you take? Which would you do first?
- What are some of the ways that you can make sure you put in more effort? Think about what kept you from putting in effort in the past—what could you do differently?
- Can you ask some other students for ideas about ways to learn this?

If your student isn't sure how to measure their progress:

- What would you change first? How would you know you were getting better at this?
- Who could you ask for feedback to help you know if you were making progress?
- Are there any (tools/rubrics or smaller tests/assignments coming up) that you could use to help think about and check up on your progress?
- Imagine what it would be like if you achieved this goal. Pretend that you did, and write a description of your experience and what has changed.

If your student struggles with how to deal with falling short of the goal:

- Think about how you might feel and write that down. Now, imagine what you would tell a friend to do about the situation. What advice would you give?
- I'll bet you will have learned a lot about which strategies worked and which ones didn't. How could you learn from your experience to make a better plan next time?

If your student struggles with what to do when they have reached their goal:

- You reached your goal—great! What's the next challenge you would want to take on?
- I'll bet you have learned a lot about what worked for you. How could you use that to get to your next goal?

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GROWTH MINDSET GOAL ACTION PLANNING FRAMEWORK

What is my SMART goal?

S pecific
M otivational
A ctionable
R ealistic
T ime-bound
GOALS

Current State

Where am I now? To meet this goal, what new skills or knowledge will I need to learn?

Identify Obstacles

What fears or barriers might be holding me back?

What obstacles might happen as I work toward my goal?

How do I sabotage myself and limit my own success?

ACTION PLAN: TASK ANALYSIS

Task	Planned Completion Date	Notes
1.		
2.		
3.		
4.		
5.		

Support System: Get plugged in!

Who could give me feedback on my progress and strategies?

Who can support me?

How often will I review my goal and plan?

How will I know I achieved my goal?

Motivation Evaluation

How challenging is this goal for me?

a. Not at all... b. Somewhat... c. Very...

Can I do it?

a. Yes, definitely b. Probably c. Maybe d. Probably not

How motivated am I to achieve this goal? WHY?

a. Not at all... b. Somewhat... c. Very...

Who else wants me to achieve this goal and why?

What or who is inspiring to me (maybe has already been successful at this goal)?

Other Mindset Works® Programs

Mindset Works' programs help students and educators become more motivated and effective learners.

Brainology® FOR SCHOOLS

Brainology® for Schools is a blended learning curriculum that teaches students how to develop a growth mindset. The program includes online animated instructional units as well as offline classroom activities. Brainology for Schools also comes with a Spanish language option: Brainology en Español!

Brainology® FOR HOME

Brainology® for Home is a blended learning curriculum that teaches students how to develop a growth mindset. The program includes online animated instructional units as well as offline classroom activities. Brainology for Schools also comes with a Spanish language option: Brainology en Español!

MindsetMaker™ Online Professional Development

This online Professional Development course for teachers provides tools and resources needed to shift teachers' practice and cultivate a growth mindset culture of teaching and learning within their classroom.

GEM™ Growing Early Mindsets™

Growing Early Mindsets™ (GEM™) is an early learning curriculum designed to integrate growth mindset into the PreK-3 classroom. **Note: The GEM curriculum will be available for purchase in 2016.**

SchoolKit

Mindset Works SchoolKit is a suite of resources (including **Brainology® for Schools**, **MindsetMaker**, and **LeaderKit**) developed to cultivate a growth mindset school culture. It contains tools for administrators, teachers, and students to learn, teach, and live the growth mindset.

Live Training

Our professional learning specialists deliver engaging, high-quality talks and workshops to help your school or district learn how to cultivate a growth mindset culture. Using reflection, discussion, activities, games, videos, and practical tools and resources, we can promise an interactive session that has lasting impact for both immediate and future change.

LeaderKit™

The LeaderKit™ is a valuable resource for school leaders to use to help foster a growth mindset across a school. When leaders model a growth mindset, it sets the stage for all stakeholders to follow. **Note: LeaderKit will be available for purchase in 2017.**

Learn more about Mindset Works programs at:

www.mindsetworks.com

About Mindset Works

Mindset Works was co-founded by one of the world's leading researchers in the field of motivation, Stanford University professor Carol S. Dweck, Ph.D. and K-12 mindset expert Lisa S. Blackwell, Ph.D. The company translates psychological research into practical products and services to help students and educators increase their motivation and achievement.

Our award-winning interactive program provides students, parents and educators with a better approach to learning.

Brainology® program is a fun, interactive, award-winning, online program that helps middle school students learn about how the brain works, how to strengthen their own brains and how to better approach their own learning. In the process, the Brainology® program helps them cultivate a growth mindset whereby they think of their intelligence as something they can develop through study and learning rather than as something fixed. The core belief in the malleability of the mind triggers motivation and learning-oriented behavior in various aspects of life.

Visit www.mindsetworks.com for more growth mindset resources, tools, articles, and videos. Contact us at info@mindsetworks.com.

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