**Teaching a Growth Mindset Checklists**

***PDSA Cycle # 1d: Mindset Works Introductory Unit (February 17th-23rd)***

**Unit Components to Teach & Assess**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Did I do these things?** | **Yes** | **No** | **Estimated Time** | **Actual Time** |
| Mindset Assessment Profile Debrief |  |  | 30-40 min. |  |
| Mindset Survey Reflection |  |  | 10-20 min. |  |
| **“You Can Grow Your Intelligence”** Reading and Activity Option 1 |  |  | 40 min. |  |

***PDSA Cycle #1d: Mindset Works Unit 1: Brain Basics (February 17th-23rd)***

**Unit Components to Teach & Assess**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Did I do these things?** | **Yes** | **No** | **Estimated Time** | **Actual Time** |
| Session 1: “Connect It” Discussion: How Do I Learn? |  |  | 15-30 min. |  |
| Bridge: “Reinforce It” Activity: Food & Sleep Inventory |  |  | 10-20 min. |  |
| Session 2: “Apply It” Case Study: John |  |  | 15-45 min. |  |
| Formative Assessment: “Check It” Quiz |  |  | 10-20 min. |  |

**Teaching a Growth Mindset Checklists**

***PDSA Cycle#2d: Mindset Works Unit 2: Brain Behavior (February 24th-27th)***

**Unit Components to Teach & Assess**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Did I do these things?** | **Yes** | **No** | **Estimated Time** | **Actual Time** |
| Session 1: *“Connect It” Discussion: Overcoming Challenges* |  |  | 15-30 min. |  |
| Bridge: *“Reinforce It” Activity: Stress Inventory* |  |  | 10-20 min. |  |
| Session 2: *“Apply It” Case Study: Alicia* |  |  | 15-45 min. |  |
| Formative Assessment: *“Check It” Quiz* |  |  | 10-20 min. |  |

**Teaching a Growth Mindset Checklists**

***PDSA Cycle#3d: Mindset Works Unit 3: Brain Building (March 2nd-13th)***

**Unit Components to Teach & Assess**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Did I do these things?** | **Yes** | **No** | **Estimated Time** | **Actual Time** |
| Session 1: *“Connect It #1” Discussion: Your Favorite Think (Recommended)* |  |  | 15-30 min. |  |
| Session 1: *“Connect It #2” Discussion: What Leads to Success?* |  |  | 15-30 min. |  |
| Session 2: “Practice It” –Research on the Brain Option 1 |  |  | 30-45 min. |  |
| Session 2: “Reinforce It”: What Challenges Have I Faced? |  |  | 10-15 min. |  |
| Session 2: *“Apply It” Discussion: What Holds Students Back?* |  |  | 20-30 min. |  |
| Formative Assessment: *“Check It” Quiz* |  |  | 10-20 min. |  |
| Session 3: Supplemental Activity: The Two Mindsets |  |  | 35-50 min. |  |
| Session 3: The Two Mindsets Follow-Up Reflection #1 |  |  | 20-30 min. |  |

**Teaching a Growth Mindset Checklists**

***PDSA Cycle#4d: Mindset Works Unit 4: Brain Boosters (March 16th-20th)***

**Unit Components to Teach & Assess**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Did I do these things?** | **Yes** | **No** | **Estimated Time** | **Actual Time** |
| Session 1: *“Connect It” Discussion: How Do I Study?* |  |  | 10-15 min. |  |
| Session 1: “Practice It”: Memory Sort |  |  | 20 min. |  |
| Session 2: “Reinforce It”: Activity: Using Your Brain |  |  | 15-20 min. |  |
| Session 2: *“Apply It” Study Plan Activity* |  |  | 30-40 min. |  |
| Formative Assessment: *“Check It” Quiz* |  |  | 10-20 min. |  |