

Growth Mindset 101

An introduction to growth mindsets and the power of loving our mistakes

Unit 1 Intro Part 1 & Part 2	Take a 'mini mindset assessment' to see what type of mindset you have, and learn some basic concepts about which mindsets are more scientifically accurate, and why this matters for young people to succeed.
Unit 2 The importance of failure	Find out why we fear failure and how to re-frame discomfort and mistakes so that we can stay willing to push through our challenges and achieve our goals. Watch some short inspirational videos – great to share with students!
Unit 3 Gifts take many forms	Discover the behind-the-scenes gifts and areas of the brain we tend to overlook in society and school. Find out how to activate these areas of the brain so that we can use more of our actual unique gifts and passions.
Unit 4 External vs. Internal Rewards	Learn how to motivate young people by focusing on internal rewards ; learn how to activate specific parts of the brain related to intrinsic motivation.
Unit 5 Disengagement & Flow	Find out how to help young people get into their 'zone' (flow), and how to move them out of states of overwhelm (frazzle) and disengagement.
Unit 6 Summary	Putting it all together. Find out why all of this really matters and what you can do to apply this to everyday interactions with young people.

