

POWER UP WEEKLY

WELCOME TO VOLUME 5 OF THE POWER UP NEWSLETTER. WE HOPE YOU AND YOUR FAMILY ARE FINALLY GETTING BACK TO SOME SENSE OF NORMALCY. IN THIS WEEK'S NEWSLETTER WE ARE FEATURING INFORMATION ON A FIXED MINDSET VS A GROWTH MINDSET IN ADDITION TO ERIC JENSEN'S MOST VALUABLE TEACHING GOALS FOR THE YEAR. CONGRATULATIONS TO DENNIS DILL AT JEWETT SCHOOL OF THE ARTS, THE WINNER OF THE VOLUME 4 CONTEST. BE SURE TO ENTER THE CONTEST THIS WEEK FOR A USB HUB!

~OFFICE OF ACCELERATION & INNOVATION

WHAT IS GROWTH MINDSET?

A FIXED MINDSET IS THE BELIEF THAT INTELLIGENCE CANNOT BE CHANGED AND THAT PEOPLE ARE EITHER BORN SMART OR NOT SMART.

A GROWTH MINDSET IS THE BELIEF THAT INTELLIGENCE IS MALLEABLE, THAT IT CAN CHANGE WITH HARD WORK PERSEVERANCE AND CHALLENGE.

Fixed Mindset: What is it?

- ✓ I am stuck the way I am now
- ✓ IQ is a fixed, permanent trait
- ✓ Looking smart is important
- ✓ Effort is negative and shows I do not "have it"

Growth Mindset: What is it?

- ✓ I can grow and change
- ✓ IQ is malleable and it can be developed
- ✓ Being a lifelong learner is important to me
- ✓ Effort is a positive, since it shows my commitment and passion

TEACHER SUCCESS STORY

RELATIONSHIPS ARE KEY TO CREATING A SUCCESSFUL LEARNING ENVIRONMENT. IF THE STUDENTS DO NOT BUY INTO THE TEACHER THERE IS NOTHING THE TEACHER CAN DO THAT WILL ENABLE THE STUDENTS TO REACH THEIR MAXIMUM POTENTIAL. MANY "SUCCESSFUL" TEACHERS LINK THEIR "DON'T SMILE TO CHRISTMAS" MANTRA AND THEIR HIGHLY DISCIPLINED AND RIGID COMPLIANT LEARNING ENVIRONMENTS AS A KEY TO THEIR SUCCESS WHEN THEIR SUCCESS WOULD GROW EXPONENTIALLY IF THE ACTUALLY ENJOYED BEING IN THE CLASSROOM. OVER HAVE FOUND THERE IS NOTHING A STUDENT WILL NOT DO FOR A TEACHER ONCE A RELATIONSHIP HAS BEEN BUILT. THAT RELATIONSHIP ENABLES THE TEACHER TO REACH THE STUDENT ON A NEW LEVEL THAT NOT ONLY HELPS THEM BUILD ACADEMICALLY, BUT ALSO AS A WHOLE STUDENT. THE RELATIONSHIP IS WHAT THE STUDENT REMEMBERS YEARS LATER.

IN REALITY STUDENTS THE YEARS I

DENNIS DILL, JEWETT SCHOOL OF THE ARTS



“CHRONIC, UNMEDIATED STRESS OFTEN RESULTS IN A CONDITION KNOWN AS AN ALLOSTATIC LOAD. ALLOSTATIC LOAD IS “CARRYOVER” STRESS. INSTEAD OF RETURNING TO A HEALTHY BASELINE OF HOMEOSTASIS, THE GROWING BRAIN ADAPTS TO NEGATIVE LIFE EXPERIENCES SO THAT IT BECOMES EITHER HYPER-RESPONSIVE OR HYPO-RESPONSIVE.”

- ERIC JENSEN

JENSEN'S 7 MOST VALUABLE TEACHING GOALS FOR THIS YEAR

LET IT GO

YOUR GOAL IS TO REDUCE YOUR OWN STRESS BY 50% THIS YEAR. HOW?

THERE IS NO STRESS “OUT THERE” IN THE WORLD. IT’S ALL IN HOW YOUR OWN UNIQUE BRAIN PROCESSES THE EXPERIENCE. YOU STRESS YOU OUT. THAT’S AS SIMPLE (AND TRUTHFUL) AS I CAN GET.

THAT’S WHY 50 PEOPLE IN A ROOM WILL HAVE 50 DIFFERENT RESPONSES TO A LOCAL STRESSOR. YOU CAN CHOOSE TO LIVE WITH DIGNITY, SERENITY, AND BALANCE.

YES, SOME PROBLEMS DO NEED TO BE DEALT WITH ASAP. BUT, YOUR BRAIN GETS FOOLED A LOT. NOT EVERYTHING THAT EXCITES YOU OR STRESSES YOU IS ACTUALLY A REAL AND RELEVANT PROBLEM THAT HAS YOUR NAME ON IT.

FOR EXAMPLE, EVERY DAY A KID MAY SAY SOMETHING THAT MAY BE UNFAIR TO YOU; LET IT GO. STUDENTS MAY ACCUSE YOU OF PLAYING FAVORITES; LET IT GO. THEY MAY COMPLAIN YOU DON’T OFFER ENOUGH TIME; LET IT GO. THEY MAY WISH THEY COULD WORK WITH THEIR BEST FRIEND INSTEAD OF A STRANGER; LET IT GO. THEY MAY COMPLAIN OF TOO MUCH HOMEWORK; LET IT GO. THEY MAY NOT LIKE TESTS; LET IT GO. THEY MAY WISH THEY COULD SURF ALL DAY ON THEIR SMART PHONES, BUT YOU WON’T ALLOW IT; LET IT GO.

LIFE IS NOT FAIR. IT’S NOT FAIR THAT ONE KID IS BORN BETTER LOOKING THAN ANOTHER. IT’S NOT FAIR THAT SOME ARE BORN IN POVERTY. IT’S NOT FAIR THAT SOME GO ON SUMMER VACATIONS TO FUN PLACES AND OTHERS DON’T. IT’S NOT FAIR THAT ONE MAY GET A SCHOLARSHIP WHILE ANOTHER (WHO DESERVES ONE, TOO) MAY NOT GET A SCHOLARSHIP. IT’S NOT FAIR THAT SOME STUDENTS ARE NOT LIKED AS MUCH BY THEIR PEERS AS OTHERS.

LIFE’S NOT FAIR. THE QUESTION IS, “WHO ARE YOU?” ARE YOU GOING TO WAKE UP EVERY DAY AND SHOW UP AS A “BAG OF COMPLAINTS” OR ARE YOU GOING TO EITHER: 1) DO SOMETHING ABOUT IT, OR 2) LET IT GO? LIFE IS WAY TOO SHORT TO BE MISERABLE. MAKE THIS YEAR THE MOST JOYFUL YEAR OF YOUR LIFE.

HOW? MAKE A CHOICE EVERY DAY THAT IF YOU CAN’T DO SOMETHING ABOUT THE ISSUE, JUST LET IT GO. OTHERWISE, YOU GET STRESSED AND CARRY THE WEIGHT OF ALL THE WORLD’S WRONGS AND PROBLEMS IN YOUR HEART. THE MORE STRESS YOU GENERATE WITHIN YOUR BRAIN AND BODY, THE LESS EFFECTIVE YOU ARE. IF YOU CAN’T DO SOMETHING ABOUT IT, YOU’LL FEEL BETTER AND REGULATE YOUR STRESS (AND PROBABLY LIVE LONGER) IF YOU LET IT GO! JUST LET THE DAILY PROBLEMS GO.

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**YOUR CHANCE TO WIN! SEND AN EMAIL TO: OAI@POLK-FL.NET
PLEASE RESPOND TO THE FOLLOWING STATEMENT:**

**HOW CAN OR HAVE YOU INCORPORATED THE GROWTH MINDSET
INTO YOUR CLASSROOM?**