

POWER UP WEEKLY

WELCOME, OCTOBER, A MONTH FILLED WITH MANY FUN FALL ACTIVITIES. THIS WEEK WE CONTINUE SHARING TIPS ON THE GROWTH MINDSET AND ERIC JENSEN'S MOST VALUABLE LEARNING GOALS. CONGRATULATIONS TO SHELLY WILLIAMSON FROM ROCHELLE, WINNER OF THE USB HUB. BE SURE TO ENTER THIS WEEK'S CONTEST TO WIN A GROWTH MINDSET BUNDLE, THAT INCLUDES A CRAYOLA 240 COLORED PENCIL CLASS PACK AND ELECTRIC PENCIL SHARPENER. ~OFFICE OF ACCELERATION & INNOVATION

GROWTH MINDSET EXAMPLES:

Elementary

I have really focused on making mistakes in class. Meaning, I have intentionally made them. I have intentionally pointed them out. I have asked the kids if they're mad at me for making a mistake.... And they always tell me NO! I have used that as a platform for telling them that I don't get mad at them when they make mistakes either. I am focusing on mistakes being learning opportunities. Making sure that they KNOW mistakes are a large part of problem solving. It seems to be working because now my kids are pointing out EVERY mistake they make... like it's a good thing. I also framed the words *I Will Not Let You Fail* and hung them in the classroom. It's a big neon pyramid of frames letting them know that we've got this! Mistakes and all...

Shelly Williamson, Rochelle School of the Arts

Middle School

I use growth mindset in my class by implementing an error analysis process after quizzes and tests. Gaining knowledge on the topic does not stop with an assessment. It is important that students learn the correct information if they still have questions or misconceptions about the topic. My students look over their tests or quizzes and find the questions they need to work on to fully understand the concept. Then I give them time to research and write a new response based on the information they find. This error analysis process is important for growth mindset because my students know that we have an "I'm not there YET" approach. If you're not there yet, then you've got to keep working at it. We cannot stop learning just because we finished our assessment! This is especially true if a student has shown you that they do not understand the information.

Anita Carson, Lake Alfred Polytech Academy

REDUCING YOUR STRESS!

PERFORM A RANDOM ACT OF KINDNESS

GIVING TO OTHERS ACTIVATES YOUR BRAIN'S RELAXATION RESPONSES, WHICH IS WHY BEING KIND IS GREAT WHEN YOU'RE STRESSED. BUT DON'T JUST DONATE MONEY! YOU WANT TO FEEL AS ENGAGED AS POSSIBLE. TRY VOLUNTEERING OR SIMPLY PERFORM A RANDOM ACT OF KINDNESS FOR EITHER A STRANGER OR SOMEONE YOU DON'T KNOW WELL.



Coaching a Growth Mindset

5 Questions to Develop a Growth Mindset



What did you learn from today's performance?



What steps did you take to make you successful today?



What are some different strategies you could have used?



How did you keep going when things got tough?



What can you learn from your opponent today?



5 Feedback Comments to Develop a Growth Mindset

This will be a challenging concept to learn, but I believe you can master it



You haven't got it yet, but you will if you keep working and thinking about it

I really appreciated your effort today



It is okay to take risks, that's how we learn



Getting better takes time and I see you improving



JENSEN'S 7 MOST VALUABLE TEACHING GOALS FOR THIS YEAR

SET YOUR CLASS ACHIEVEMENT GOALS SKY HIGH

THIS YEAR, SET GOALS SKY HIGH. STUDENT EXPECTATIONS ARE A VERY STRONG PREDICTIVE FACTOR IN HOW THEY'LL ACTUALLY DO ACADEMICALLY. RAISE EVERY STUDENT'S EXPECTATION OF HOW WELL EACH ONE CAN DO DURING THIS NEW SCHOOL YEAR.

WHAT IF YOU'RE NOT SURE OF WHAT KIND OF GUTSY GOALS TO SET FOR YOURSELF?

SET GOALS FOR YOURSELF, SUCH AS THAT 100% OF YOUR STUDENTS WILL FINISH AT GRADE LEVEL OR ABOVE BY THE END OF THE YEAR (OR SEMESTER). OR, USE THE GOAL: ENGAGE STUDENTS EVERY 7 MINUTES OR LESS.

ASK STUDENTS TO SHARE EACH WEEK HOW THEY ARE DOING, SO YOU STAY IN TOUCH.

WILL YOU DO IT FOR YOUR STUDENTS DURING THIS YEAR?

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YOUR CHANCE TO WIN! SEND AN EMAIL TO: OAI@POLK-FL.NET

PLEASE RESPOND TO THE FOLLOWING STATEMENT:

HOW CAN A STUDENT UNDERSTANDING HIS/HER MINDSET INCREASE ACADEMIC AND PERSONAL SUCCESS?

**MID-WEEK
MINDSET MOMENT!
ON A POST-IT
NOTE, WRITE
DOWN A MINDSET
MOMENT YOU
HAVE HAD IN
THE PAST FEW DAYS!
IT CAN BE
ACADEMIC OR
PERSONAL.
REMEMBER GROWTH
MINDSET IS WHEN
YOU KNOW YOU
CAN TRY HARDER-NOT
GIVING UP OR
DOING THE BARE MINIMUM!
GROWTH MINDSET
IS WHEN YOU
WANT TO KEEP LEARNING!**