

9th Grade - Growth vs. Fixed Mindset

Overview :

This lesson, Growth vs Fixed Mindset, will expose students to the concept of growth mindset through a guidance lesson during their freshman year.

Materials:

- The article - You Can Grow Your Intelligence
- Video - [The Power of Belief - Mindset and Success: Eduardo Briceno at TEDxManhattanBeach](#)
- [Two Mindsets](#)
- [Are They Failures?](#)
- [What Can I Say to Myself?](#)

Instructions:

- Read the article as a class
- Discuss the brain
- Watch “The Power of Belief” and discuss Growth and Fixed Mindset
- Discuss “Are they Failures”
- Have the class create their own “What Can I Say to Myself”
- Create their own academic growth mindset goal

Resources:

See Materials

Rubric:

This assignment is Pass/Fail. Students will pass if they create a growth mindset goal that is related to their academics.

Standards:

MCPS School Counseling **Standard.9.CD.1.4 4.** I can improve my grades with effort.



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