

A Sample PD Day Agenda

USING THE GROWTH MINDSET LEARNING PACK



GOALS

- 1 Teachers will understand what a growth mindset is.
- 2 Teachers will gain strategies to foster a growth mindset among their students and themselves.
- 3 Teachers will work on activities directly related to helping their students develop a growth mindset in the art room.

MATERIALS NEEDED

- ✓ Pens
- ✓ Downloads from the PRO Learning Pack
- ✓ *Optional:* Access to technology for research
- ✓ Sticky Notes
- ✓ Materials for chosen icebreaker activity

Teachers should bring: (A) a laptop or notebook in which to take notes and develop ideas, and (B) a lesson or unit they feel needs some work.

SCHEDULE

8:30 AM - 9:00 AM

— Breakfast/Visit with Colleagues

9:00 AM - 9:30 AM

— Artistic Icebreaker

Ideas to try:

- Give each teacher an open-ended [drawing prompt](#). Give 15 minutes to complete it, then have teachers share out with the group.
- Try a Task Party! Find directions in the AOEU article [Out of Ice Breakers? Try a TASK Party!](#)

9:30 AM - 11:30 AM

— Learning and Work Time

Growth Mindset vs. Fixed Mindset (45 mins)

Watch the following videos in the Growth Mindset PRO Learning Pack:

- *Introduction*
- *An Overview of Growth Mindset*
- *How a Growth Mindset Compares to a Fixed Mindset*
- *How a Growth Mindset Applies to the Art Room*

Discuss the following questions with the group:

- *What from the first set of videos surprised you?*
- *Without naming names, can you think of a few of your students who exhibit fixed mindsets or growth mindsets? How do their mindsets affect their performance in the classroom?*

Activity: "I can't draw a straight line with a ruler!"

Have teachers write down phrases that they might hear people with a fixed mindset say about artistic talent. For example, "I can't draw a straight line with a ruler!" or "I stink at drawing people." These could be examples they've heard from adults or from students in their classrooms. Have teachers write down each idea on a sticky note.

When finished, have teachers share with the group and put the sticky notes up in the room somewhere. Ask: Do you see common themes? Why do you think people feel the way they do? What are the challenges of trying to teach a student with a fixed mindset?

These notes will be revisited later in the day.

11:30 AM - 12:30 PM

12:30 PM - 2:30 PM

Developing a Growth Mindset in Students (1 hr, 15 mins)

Watch the following videos in the Growth Mindset PRO Learning Pack:

As teachers watch, have them jot down ideas that they think may work in their classrooms. Tell the teachers that after watching, they will be developing a lesson to introduce the idea of growth mindset to their students.

- *How to Explain Growth Mindset to Students*
- *The Importance of Finding Appropriately Challenging Work*
- *Helping Students Understand that Talent is Developed Through Effort*
- *Teaching Students to Embrace Mistakes*

Activity: Growth Mindset Lesson Planning

Exposing students to the idea of growth mindset just one time can help them begin to shift their thinking. Using their favorite ideas presented in the videos, have each teacher design a lesson to present the idea of growth mindset to a group of their students.

During the last 15 minutes of the allotted time, have teachers share their ideas with the larger group.

Break for Lunch

Learning and Work Time

How Classroom Setup and Language Can Affect Growth Mindset (30 mins)

Tell teachers to jot down their favorite ideas from the following videos. Once teachers have watched the videos, they will be able to choose from a menu of options to apply what they've learned.

Watch the following videos in the Growth Mindset PRO Learning Pack:

- *How to Set Up Your Classroom to Foster a Growth Mindset*
- *The Enormous Effect Language Has on a Growth Mindset*
- *How to Provide Effective Feedback*

Activity: Revisiting "I can't draw a straight line with a ruler."

Have teachers look back at the sticky notes from the previous activity. As a group, have them discuss how they could coach students to tweak their language to reflect a growth mindset. For example, instead of saying, "I stink at drawing people," the student could be coached to say, "I can't draw people very realistically yet. With practice, I know I'll get better."

Developing Teacher Growth Mindset and Applying New Knowledge (1 hr, 30 mins)

Watch the following videos in the Growth Mindset PRO Learning Pack:

- *Try New Ideas in the Classroom*
- *Look for Experiences Outside of the Classroom*
- *Finding the Right PD*
- *Conclusion*

After teachers have finished watching the videos, give them the following menu of activities. All of these activities will have a direct impact on their growth mindset or the growth mindset of their students. If a teacher finishes one activity, have them choose another.

- *Option 1:* Create a "Growth Mindset Language" anchor chart for your classroom.
- *Option 2:* Investigate the following options for fostering your growth mindset as a professional: Book Study, Lesson Swap, School Visit, Social Media PLN. Which intrigues you the most? Why? Write down the steps you would need to take to make it happen.

2:30 PM - 3:00 PM

- *Option 3:* Think of one of your lessons or units that you feel needs some work. Answer the questions on the “Growth Mindset Reflection Questions for Teachers” download to find out how you might enhance this specific experience for students in your classroom.
- *Option 4:* Brainstorm 5 ways you could get out of your comfort zone in your day-to-day life. Choose one thing from your list and make a plan to try it within the next month.
- *Option 5:* Look over the “Characteristics of a Growth-Oriented Art Room” download. Identify what you already do in your classroom to foster a growth mindset. Make a plan for how you could incorporate some of the other ideas into your classroom.
- *Option 6:* Read through the “20 Examples of Process Praise You Might Hear in the Art Room.” Circle your 5 favorite phrases. Create a notecard with some “sentence starters” that you could use as you talk with students during class.

— **Wrap Up and Share Out**

To wrap up, have teachers volunteer to share which option(s) they chose and what ideas they will be trying in their classrooms.