Overview:
This lesson plan will challenge participants to learn strategies to mitigate issues, like stereotype threat, that inhibit students from developing a growth mindset. They will interrogate how intelligence develops and learn how new knowledge and abilities can be learned through hard work and effort.

Background and Information:
Growth Mindset Activity for STEM is published by the LSA Inclusive Teaching Initiative, University of Michigan (see citation below).

Objectives:
As a result of this activity, participants will be able to:

1. "Challenge themselves to grow and develop their intellectual abilities through strategic hard work."
2. "Challenge negative gender-based or racial stereotypes about students' intellectual abilities."
3. "Reflect on their study strategies after exposure to growth mindset materials, in order for them to be strategic in their hard work at developing the abilities and traits they need to succeed" (LSA Inclusive Teaching Initiative, University of Michigan, 2018).

Time:
1 hour

Group Size:
Entire group

Materials:
Growing Your Mind video and Neuroplasticity video (both in Links), computers/tablets for participants to complete writing assignments.

Intercultural Development Continuum Stages:
- Denial
- Polarization
- Minimization
- Acceptance

AAC&U Intercultural Knowledge and Competence Goals:
Cultural Self-Awareness:
- To articulate insights into own cultural rules and biases (e.g., seeking complexity; aware of how their experiences have shaped these rules, and how to recognize and respond to cultural biases, resulting in a shift in self-description).
GROWTH MINDSET ACTIVITY
FOR STEM LESSON PLAN

Links to Activity Instructions:

- Growth Mindset Activity for STEM instructions on the LSA Inclusive Teaching website

Related Tools:

Similar tools:

- Changed or Not?
- My Plan for Intercultural Growth