## Teaching Notes – Intro to Growth Mindset

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**Course Information**

Department: Biology

Course: BIOL305 Ecology

Level: **Upper Undergraduate**

Course type: **Lecture**

Students: **Majors**

Number of Students: 43

**Module Information**

Original Module Name: Introduction to Growth Mindset

Link to Original: <https://qubeshub.org/qubesresources/publications/619/about?v=1>

**Teaching Notes**

I presented the BIOMAAP Introduction to Growth Mindset powerpoint slides on the first day of class. Following my presentation, I had students complete the worksheet and discuss in groups. I assigned the Journal Assignment as homework that was due at the second class period.

Overall, this module went great and set the tone for the rest of the term. I plan to implement it regularly in my courses in the future.

Next time I would assign the worksheet at home instead of having them complete it in class. Students read at different rates and I felt like I was pressuring them to hurry so that they could participate in the group discussion at the same time. Also, the worksheet presented the same figures I had just shown them in the lecture, so it seemed overly repetitive to do it immediately after. Alternately, in the future I think instead I will have them brainstorm incidences of growth and fixed mindset with their groups and then complete the worksheet at home. I can then assign the Journal Assignment the following week to reinforce the content.

I referenced Growth Mindset throughout the term. It integrated well with the Math Anxiety unit that I presented after the first midterm.