Name: Date:

**High Expectations**

**Effectively models and reinforces ways that students can consistently master challenging material through effective effort. Successfully challenges students’ misconceptions about innate ability. Is able to model this element.**

The power of believing that you can improve Ted Talk <https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve/up-next#t-89925>

Grow Your Mindset Article <https://www.aacu.org/sites/default/files/files/ild/symonette.makeassessmentwork.dweck_.pdf>

How does a students’ belief about innate ability affect their resilience in solving challenging problems/performing in challenging course, use of feedback to continuously improve, and their persistence in the face of obstacles? In your answer contrast the growth and static mindsets. What are some practical ways that you can reinforce your belief that students can succeed through effective effort?

In my opinion I believe the most important aspect of learning is your mindset because if you have a terrible or bad mindset then I believe you are already setting yourself up to fail or do poorly. The reason for this is that if students believe they think they are bad at a certain topic then they might not try any of the problems or not put in any effort during that topic. For example, I hate biology with a passion since I feel it is a lot of memorization therefore when I do take my biology class this year, I know I will hate learning the material and really will not want to do the work until the last minute. Meanwhile a student with a growth mindset will decide to tackle all of the problems no matter how good or bad they do but they will accept any feedback and take that into consideration. Along with the student might not give up as esaily. For example when I am in math class, if i do not get something I will try to figure it out and if i can not then I will ask the teacher for help or at least put something down on the paper so I can then understand what I was missing or where I went wrong. One way to show that students can succeed through effort is that sometimes you might have to lead them through a few problems but after each problem, make them do more of the work. This can result in the students building their self confidence and you can show them that yes they can solve these problems by themselves. Along with showing to them that you will not give up on these students ever can even result in the student believing in themselves.