Empower! Cultivating Curious, Risk Taking Learners

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Please Share: Who’s Here Today?

Please stand if...
• You are an elementary teacher
• A middle school teacher.
• A high school teacher
• Educational administrator
• Other

Kathleen’s Teaching Journey

My Intention:
To open the heart, nourish the mind, and inspire the spirits of learners and teachers.

Michelle’s Teaching Journey

B.S. Elementary Education & Spanish
5th grade teacher in Title 1 school in southern California
High school English teacher
M. Ed. from Harvard in School Leadership
KIPP – high performing charter school in urban or rural areas
5th grade teacher at a turn-around school in Boston
researcher and author for Infinite Horizons –
Peace Corps Response Volunteer – Teacher trainer
... now... continuing to support teachers and learners
Messages that Create an Empowered Classroom

Fair is not everybody getting the same thing... fair is everybody getting what they need to be successful!

This is a Risk-taking, Mistake Making Classroom

Let’s practice...

- Chat Chum A and Chat Chum B
- Knee to Knee Eye to Eye
- Name one or two of the greatest challenges you are experiencing with your students.

Our Goal...

*EMPOWER

Self Regulation Defined

* Self Regulation is a deep, internal mechanism that enables children to engage in mindful, intentional and thoughtful behaviors.
* Elena Bodrova and Deborah J. Leong
* Self-Regulation is a Skill that is Taught, it does not emerge naturally.
When children are constantly regulated by adults, they may appear to be self-regulated, but they are actually “teacher regulated.”

If our goal is to...

**EMPOWER**

**NOT**

**ENABLE**

Intentional: **YOU** know why you're doing what you're doing.

Transparent: **THEY** know why you're doing what you're doing.

**Brain Rule #4 - Medina**

“We need to repeat to remember”

Talking about an event immediately after it has occurred enhances memory for that event

**Winning Formula for Success**

(for you and your students!)

Mindsets plus Skill Sets equals RESULTS!
**Mindsets**

It walks on four legs in the morning, two legs at noon and three legs in the evening. What is it?

I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place. What am I?

What always runs but never walks, often murmurs, never talks, has a bed but never sleeps, has a mouth but never eats?

**FEEL IT:**

Try These Riddles

**Group Discussion:**

* How did you **feel** when you were trying to solve the puzzles/riddles?
* What types of messages were going on in your head before, during and after?

**Carol Dweck, Stanford University**
Dweck’s findings: Two Mindsets

Fixed mindset:
- Intelligence and talent - fixed
- Innate talent creates success
- Effort will not make a difference
- You either get it or you don’t
- LOOK GOOD AT ALL COSTS

Growth mindset:
- Intelligence can be developed
- Brains and talent are just the starting point
- Enjoy effort and process of learning
- You can always grow and learn
- LEARN AT ALL COSTS

Dweck’s Research Shows...

*If we want to grow their skill set, we must also shape their mindset!*

- 7th Graders Struggling
- Group One Intervention: Study Skills Training
  - No statistically significant change
- Group Two Intervention: Mindset Discussion and, then, Study Skills
  - Group Two Grew!

If you are going to develop growth mindset learners...

- Gets students to “Feel” what their mindsets are when learning gets challenging.
- Intentionally and transparently teach students about growth mindsets and how the brain
- Share lots of examples of Growth Mindsets in Action. (See Kathleen’s YouTube Channel)
- Make growth mindset talk visible with Anchor Charts
- Talk Growth Mindset talk ALL the time, EVERYONE!

How does having a FIXED MINDSET impact Struggling Learners?
Gifted Learners?

STOP &
If you are going to develop growth mindset learners...

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How do they “feel” when learning is challenging?

Do a “Feel It” Activity

* Choose a task that is going to be challenging for your students.
  * Math Puzzles
  * Riddles
  * Pop Quiz
  * Origami
* Ask students how they felt and what they said to themselves when the task became hard.

FEEL IT!
Move Two Toothpicks to Make Two Triangles
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Teach Kids About Their Amazing Brains!
Mindset Review

- Fixed mindset – ability cannot change
- Growth mindset – ability can change (grow) with effort

Carol S. Dweck, Stanford University
www.brainology.us

“The growth mindset confirms the new research which reveals that thinking skills can be developed, and expertise can be built by means of deliberate practice.”

From neuroscience we know that...

Neurons that fire together Wire together!

Growing Dendrites = Learning
On the BIG IDEA side of your notes, STOP AND DRAW a picture that, for you, represents GROWTH AND FIXED MINDSETS.

STOP AND DRAW: Visuals lock in learning.

www.kathleenkryza.com

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“I am neither clever nor especially gifted. I am only very, very curious.”
-Albert Einstein

Growth Mindset: Nobel Peace Prize – 17 years old

Malala Yousafzai

“If we think all problems and conflicts in the world are understandable. Even if they came to kill me, I will still believe what they are trying to do is wrong. Their education is our best asset.”
-Malala Yousafzai
Who is someone you know who demonstrates a growth mindset. Could be famous or close to home. Real or fictional.

WALK AND TALK: Movement AND TALK helps cement learning

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Mindset Anchor Chart: Making Thinking Visible

Mindset Monday
Keep Mindsets Alive

Start Monday with a growth mindset message...
- Video
- Quote
- Story
- News
- Song
- Local, National, World Hero
My Brain Grows!

When I work hard my brain grows,
All my effort really shows,
I love learning, I love school,
When I use my mighty tool,
When I work hard my brain grows,
All my effort really shows!

Mountain View Alternative HS

I can’t…”

Yet!

Dweck’s six studies of children

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<th>Praised for effort</th>
<th>Praised for ability</th>
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<td>66% of the group created performance goals</td>
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<tr>
<td>lied about scores</td>
<td>one individual</td>
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Praise for Specific Effort

* Effective coaches don't praise for winning the game or meet, they praise the specific behavior that the athlete developed that improved his/her game.
* We need to teach ourselves to praise students for specific behaviors that improved their learning.

Specific Praise Helps Us Know what do to Next Time...

Non-Example: "Good job, Jackson. Keep it up."

Example 3: “You really did a good job working through all of the steps and checking your answers for this problem. You didn’t give up on yourself and your effort made all the difference. You must be proud of yourself!”

OWN IT! Empowerment

Three Finger Self-Assessment

How much do you have students involved in self-assessing in your classroom?
Self-assessment is KEY to becoming metacognitive and self-regulating

Self-Assess on Mindsets:
Kids need to internalize that Mindsets Plus Skill Sets Equal Results

Growth Mindset Self-Assessment

😊 I worked hard and had a growth mindset the whole time.

😊 I worked hard and had a growth mindset some of the time.

😊 I did not work hard and had a fixed mindset today. (Why)

Student Choice Verification Form

I, ______________________________________, have chosen not to participate in the following classroom activity:

I understand that by making a fixed mindset choice, I will not be engaged in the learning process and thereby will not be building neural connections that can improve my learning.

I understand that by making this choice, I may be less prepared to handle the rigors of our competitive society.

I understand that by choosing not to do this activity, I may be less likely to succeed in this course and in life.

In signing this document, I acknowledge that I understand the consequences of choosing not to participate.

Student signature: __________________________

Date: ________________
Time to Ponder

Musical Match
You Try It!

- How will you have your students practice self-assessing Growth Mindsets

More Mindset Strategies
www.kathleenkryza.com

3rd Graders GET IT! = Self Assessment

Your brain can grow bigger.

I'm thinking about my thing.
My teachers taught me things not only about the subject they teach but something I can hold on to when I leave this place. For example, thinking about my thinking, having a growth mindset, working my memory and so on. They have taught me how to avoid distraction and complete a task.

* I am a mother. Now, when I am scared and don’t know what to do about my baby, I see that I need to have a growth mindset, and ask for help.
Thank you!! 😊

KEEP IN TOUCH:

* Infinite Horizons Website:

www.Kathleenkryza.com

- Free resources
- Contact information
- Books
- Grab our business cards! 😊
- Michelleynnleip@gmail.com