

Mindset Matters
Wellness and Learning for All Contents

An Online Graduate Course
Syllabus

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Course Description

This course provides busy educators with practical, easy-to-use theory based strategies for staying mentally and physically well while taking an in depth examination at mindsets. Participants will explore and learn strategies and create lessons to not only implement into a classroom but into their everyday life. Growth mindsets are responsible for increases in student achievement and efficacy. This course takes a look at mindsets from different perspectives (teachers, students, parents and coaches).

Over 30 years ago, Carol Dweck and her colleagues became interested in students' attitudes about failure. They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks. After studying the behavior of thousands of children, Dr. Dweck coined the terms fixed mindset and **growth mindset** to describe the underlying beliefs people have about learning and intelligence,” (mindsetworks.com).

Teaching is an incredibly hard, but rewarding profession. Today, educators and school professionals are recognizing the importance and value of incorporating mindsets and mindfulness into classrooms across all grades and contents. Growth mindsets help to increase student achievement in the classroom. The research proven and theories behind the benefits of mindfulness are endless. In order to be an effective teacher one must bring their best selves into the classroom on a daily basis. Mindset Matters - Strengthening the Heart and Mind strives to provide educators with a growth mindset to improve happiness and relieve stress for both teachers and students. Participants in the course will learn how to incorporate activities to apply the benefits of mindsets in their classroom and their everyday life.

Required Text

Dweck, C. (2017). *Mindset -: Changing the way you think to fulfil your potential.*

Supplemental Books (Recommended by NOT required)

Sanderson, C. A. (2019). *The positive shift: Mastering mindset to improve happiness, health, and longevity.* Dallas, TX: BenBella Books. (ISBN : 978-1-946885-44-9)

Suggested Reading

- [How to Recognize 10 Signs of Happiness.](#)
- [Professional development activities and resources](#)
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- [Mindset: It's a Learning Process](#)
- [Distorted Thinking and How to Change Your Negative Thoughts](#)
- [Free Resources for Kids to Develop a Growth Mindset at Home](#)
- [Growth Mindset Learning Strategies](#)
- [Straight from the Classroom: Practical Strategies for Teaching the Science of a Growth Mindset](#)
- [Dr. Dweck's research into growth mindset changed education forever](#)
- [Mindset Theory](#)

Learner Outcomes

Students will:

- Examine the importance of how we process and reprocess the events of our lives
- Create activities that support a growth mindset for teachers and students
- Discover how mindset affects health and well being
- Develop strategies to help students and teachers better comprehend and manage their emotions in all content areas
- Design implementation strategies for SEL in the classroom and out of classroom
- Understand how trauma affects behavior in students and colleagues
- Learn how to respond appropriately to trauma-induced behaviors
- Create a cultural shift in both teacher-student and teacher-teacher interactions
- Determine wellness opportunities for teachers and students to choose from to meet their individual needs
- Learn strategies to facilitate long-term behavior and lifestyle changes
- Examine the importance of relationship building among colleagues, administrators and students
- Develop ideas on how to successfully collaborate with peers and students
- Implement strategies to help students make responsible decisions
- Identify personal obstacles to productivity through a self-assessment of personal time management practices and habits
- Identify and record personal goals and priorities.

Course Requirements

Mindset Matters; Strengthening the Heart and Mind - For All Contents is a sixty hour, three credit graduate level course.

Hardware & Computer Skills Requirements

Students may use either a Macintosh computer or a PC with Windows 2000 or higher. Students should possess basic word processing skills and have internet access as well as an active email account. Students are also expected to have a basic knowledge of how to use a Web browser such as Internet Explorer, Mozilla Firefox, Safari, etc.

Student Requirements

1. **Participation:** Actively participate in all activities
2. **Reading assignments and reflections:** Complete all readings and reflection assignments
3. **Assignments** - both individual and group assignments should be completed by students and exhibit graduate level work.

Grading Scale

ASSIGNMENT:	POINTS:	GRADING SCALE:	GRADE:
Participation	10	115 - 105	A
Class Assignments	50	104 - 94	B
Reflections	30	93 - 83	C
Final Project	25		

Student Academic Integrity

Participants guarantee that all academic class work is original. Any academic dishonesty or plagiarism (to take ideas, writings, etc. from another and offer them as one's own), is a violation of student academic behavior standards as outlined by our partnering colleges and universities and are subject to disciplinary action.

Course Schedule

Module One: The Mindsets

Content:

1. Define mindset
2. Examine the importance of how we process and reprocess the events of our lives.
3. Create activities that support a growth mindset for teachers and students.
4. Discover how mindset affects health.

Module Two: Inside the Mindsets

Content:

1. Look into the two mindsets: Fixed vs. Growth Mindset
2. Effort
3. Failure

Module Three: Ability and Accomplishments

Content:

1. School Achievement
2. Praise and Positive Labels
3. Negative Labels

Module Four: The Mindset of a Champion

Content:

1. Character
2. Success
3. Failure
4. Taking charge of success
5. The Natural

Module Five: Leadership

Content:

1. Leadership and the Fixed Mindset
2. Are Leaders born or made?
3. Growth vs. Fixed Leaders
4. Organizational Mindsets

Module Six: Creating Strong Relationships; Changing Behavior and Thinking

Content:

1. Relationship building among colleagues, administrators and students.

2. Collaboration with peers and students.

Module Seven: Parents, Teachers and Coaches

Content:

1. What makes a great teacher?
2. Coaches - Mindset to Winning
3. Parents - The role they play

Module Eight: Changing Mindsets

Content:

1. Nature of Change
2. Opening Yourself up to Growth
3. The Journey to a Growth Mindset
4. Mindset and Willpower
5. Helping a child change their mindset

Module Nine: Learning From Adversity and Trauma -Environmental Factors

Content:

1. Trauma affects behavior in students and colleagues.
2. Trauma-induced behaviors.
3. Teacher-student and teacher-teacher interactions.

Module Ten: Teacher and Student Wellness

Content:

1. Determine wellness opportunities for teachers and students to choose from to meet their individual needs.
2. Learn strategies to facilitate long-term behavior and lifestyle changes
3. Determine how to effectively manage time.
4. Identify personal obstacles to productivity through a self-assessment of personal time management practices and habits.
5. Identify and record personal goals and priorities.