Student Learning Services
All PAL #1
September, 4th, 5th, 6th, and 7th
Agenda

1. Outcomes
2. Quick check in
3. Learning Zone vs. Performance Zone
   1. Review
   2. Think, pair, share (6 min)
4. Growth Mindset vs. Fixed Mindset
   1. Video (3.33 min)
   2. Summary and activity (6 min)
5. Bloom’s Taxonomy (10 min)
Outcomes

• By the end of the All PAL peer mentors will be able to:
  – Describe a time they were in the learning zone and a time they were in the performance zone
  – Explain the difference between growth and fixed mindset and give examples of each
  – Be able to classify different activities as to where they would fit in Bloom’s taxonomy
How did training go?
Learning Zone

When you are at All PALs we would like you to be in the learning zone

What is a learning zone vs. a performance zone?
Learning Zone vs. Performance Zone

• Think, pair, share:
  • (1 min think, 2 min pair, 3 min share = 6 min)

• When have you been in a learning zone?
• When have you been in a performance zone?
Growth Mindset and Fixed Mindset

• Someone tell us about growth and fixed mindsets
• **Video:** Fixed Mindset vs. Growth Mindset, Bryan University (2016)
• Where you might have encountered these:
  – Playing Sports
  – Learning a Musical Instrument
  – Games (video, board, card)
  – How you approach different academic subjects, concepts, and ways of learning
Growth Mindset and Fixed Mindset

1. A mindset is about your beliefs and focus
2. Our brains are like muscles and can grow
3. A mindset can be on a spectrum and you can have a fixed mindset about intelligence and a growth mindset for sports or music.
4. You can work to develop a growth mindset
Growth Mindset Reflection & Activity

Think about when you have used growth mindset.

Reflection (1 min):

I think I have a growth mindset in ______. I know this because______.

Partner Activity (2 min):

Turn to a partner and discuss your experiences using a growth mindset.
1. In what domains you have growth mindset?
2. In what domains you would like to have growth mindset?
Bloom’s Taxonomy of Learning

- **Review:** handout
- **Reflect:** What did you need to do, in high school, to get “A”s and “B”s?
Bloom’s Taxonomy of Learning

**Reflect:** In your university courses, at what level are you asked to demonstrate your knowledge?
Summary: Growth Mindset

• Growth mindset shapes how you **respond** to the challenges of university-level learning, and the value you place on effort, mistakes and feedback in your learning.
Summary: Bloom’s Taxonomy

• Bloom’s Taxonomy assists you to **determine** the skills and abilities required to demonstrate the knowledge you gained through lectures and readings.