

# Cultivating a Growth Mindset in English Language Classrooms: Strategies for Effective Teaching and Learning

## Webinar handout

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### 1. Mindset Assessment Tools

#### A. Growth vs. Fixed Mindset Self-Assessment for Teachers:

This questionnaire will help teachers assess whether they approach challenges, feedback, and student learning with a fixed or growth mindset.

1. When a student struggles, I think:

- A) They are not naturally good at this. (Fixed)
- B) They need to work harder or use different strategies. (Growth)

2. When a student succeeds, I think:

- A) They are naturally gifted. (Fixed)
- B) Their effort and persistence have paid off. (Growth)

3. When planning my lessons, I:

- A) Focus on making sure students understand the material perfectly the first time. (Fixed)
- B) Plan activities that allow students to make mistakes and learn from them. (Growth)

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## **B. Growth Mindset Questionnaire for Students:**

Students can fill out this quick questionnaire to identify their current mindset.

1. When I make a mistake in class, I:

- A) Feel like I'll never get it right. (Fixed)
- B) Learn from the mistake and try again. (Growth)

2. When something is challenging, I:

- A) Give up because it's too hard. (Fixed)
- B) Keep trying until I figure it out. (Growth)

3. I believe my intelligence:

- A) Is fixed and can't be changed much. (Fixed)
- B) Can grow if I work hard and learn more. (Growth)

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## 2. Lesson Plans:

### A. Growth Mindset in English Language Learning (Grades 6-12)

#### Objective:

Students will learn about growth mindset and how it applies to learning English, particularly when facing challenges in speaking, writing, or comprehension.

#### Materials:

- Mindset journal or notebook.
- Video: "The Power of Yet" by Carol Dweck (available on YouTube).

#### Procedure:

##### 1. Introduction (10 minutes):

- Briefly introduce the concept of growth mindset.
- Show the video "The Power of Yet" to explain the concept of "yet" and how it changes students' approach to challenges.

##### 2. Activity: Growth Mindset Scenarios (20 minutes):

- Present students with scenarios (e.g., a student struggling with English pronunciation).
- Have students work in groups to identify how they would approach the situation with a growth mindset.

##### 3. Journaling (15 minutes):

- Ask students to reflect on a time they struggled with English and how they overcame it (or how they could have used a growth mindset).
- Encourage them to write how they can apply growth mindset in future learning challenges.

##### 4. Reflection and Sharing (10 minutes):

- Have students share one key takeaway from their journaling activity.

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## B. Growth Mindset Role-Playing (For Younger Students)

### Objective:

Help younger students understand the difference between fixed and growth mindsets through role-playing.

### Materials:

- Role-playing cards with fixed and growth mindset statements (e.g., “I can’t do this” vs. “I can improve with practice”).

### Procedure:

#### 1. Introduction (5 minutes):

- Explain the two types of mindsets using age-appropriate language.

#### 2. Role-Playing (20 minutes):

- Divide students into pairs. Each pair receives a card with either a fixed mindset statement or a growth mindset statement.

- Have students act out a scenario where they respond with the mindset on their card.

- Discuss as a group how the mindset influences their behaviour.

#### 3. Debrief (10 minutes):

- Ask students which statements made them feel more motivated and why.

#### 4. Closing (5 minutes):

- Summarize the importance of having a growth mindset when learning English.

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## 3. Recommended Readings:

### A. Books:

1. "Mindset: The New Psychology of Success" by Carol Dweck
  - This foundational book explains the concept of growth mindset and its applications in education, work, and personal life.
2. "Grit: The Power of Passion and Perseverance" by Angela Duckworth
  - Duckworth explores how perseverance and passion for long-term goals can influence success more than innate talent.
3. "The Growth Mindset Coach: A Teacher's Month-by-Month Handbook for Empowering Students to Achieve" by Annie Brock and Heather Hundley
  - This practical guide provides strategies and lessons to foster a growth mindset in students, including classroom activities and monthly growth mindset focuses.

### B. Research Articles:

1. "The Role of Mindsets in Promoting Resilience and Academic Success" by Carol Dweck (2008)
  - This research article explores how mindsets affect resilience and academic performance, offering insights on how teachers can promote a growth mindset.
2. "Developing Growth Mindsets in English Language Learners" by Clara Chong (2020)
  - A study focusing on growth mindset interventions in English classrooms in Singapore, discussing how mindset theory can be applied to language learning.
3. "Mindsets and Student Achievement in ASEAN Countries: A Comparative Analysis" (2021)
  - This article compares mindset interventions across different ASEAN countries and their effects on student achievement and motivation in language learning.

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## 4. Further Research for ASEAN and Global Context:

ASEAN Countries:

- "Mindset Theory and Educational Reform in Singapore"

This study examines how mindset theory is integrated into Singapore's education system, influencing teaching methods and student success.

- "Fostering Resilience in Thai Classrooms Through Growth Mindset Interventions"

A research paper on growth mindset activities in Thai K-12 classrooms.

Global Comparisons:

- "Growth Mindset in Finnish Education": A comparative study on how Finland, known for its high-ranking education system, incorporates growth mindset into its pedagogy.

- "The Role of Growth Mindset in U.S. Public Schools": Research exploring how U.S. schools have implemented mindset theory to close achievement gaps.

This is how my students are taught about mindset in their classroom

<https://padlet.com/lthvan/english2-yk2023c-hpltbhmmgk2j3og6>