



Bell Work

**Please complete a Mindset
Check Up analysis**

Not Yet BT Style

Intentionally Promoting the Values
of Growth Mindset, Intrinsic
Motivation, & Cognitive Rigor

Standard

Educators will foster a growth mindset.



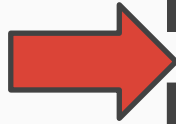
Objective

Educators will promote the values of:

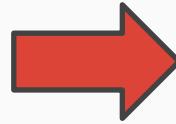
- Growth Mindset
- Intrinsic Motivation
- Rigor

The BT Process (Behind the Scenes)

**Growth
Mindset**



**Intrinsic
Motivation**



**Cognitive
Rigor**

Reteach/Enrich
Promote “Not Yet”
More than 1 opportunity to succeed
Collaboration
Rubrics

This looks tough, but I can figure it out
I’ll keep trying until I get it
I don’t know this but I can learn
I know this, so I can help my classmates
I never thought about how it applies to
real world applications

I will do a podcast to show what I know
I’ll apply what I know & see what I have left
I can give information to support my answers
I can relate this mathematical concept to
my life

Essential Questions



1. What is the difference between a fixed mindset and a growth mindset?
2. What is rigor?
3. Why is intrinsic motivation important? How can you promote intrinsic motivation?
4. How are the values (growth mindset, intrinsic motivation, and rigor) related?

Video: Carol Dweck



Not yet

As you watch the video, write down on your notes a “take away” and be ready to explain why it attracted your attention.

[Carol Dweck](#)

6 Strategies for Teaching the Growth Mindset

Close Reading: 1st Read

*Highlight key phrases/ideas and annotate (jot notes, thoughts in margin)

HandUp-StandUp -PairUp



What part of
the article
resonated
most with you?

Intrinsic vs Extrinsic Motivation

Intrinsic motivation taps into inner potential and interest

Extrinsic motivation (outside “carrots” to get us to act) may work in the short run, but not for long. Manipulating people with incentives results in temporary obedience and does nothing to increase drive because most people lost interest in tasks that they are only doing it for the reward (“carrot”).

4 Things That **Inhibit** Intrinsic Motivation

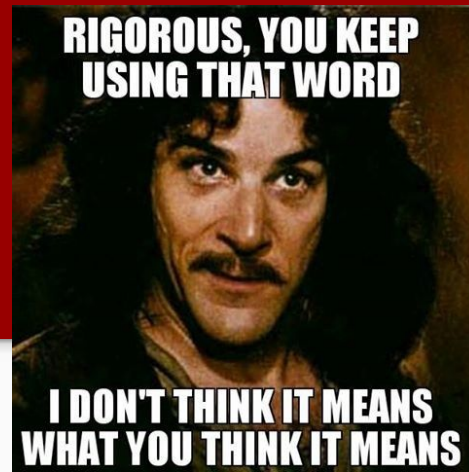
- ❖ **Irrelevance** - Students don't see any relevance in what is being taught.
- ❖ **Fear** - Students fear failure and embarrassment.
- ❖ **Inadequacy** - Students feel deficient.
- ❖ **Uninspiring Work** - Students *expect* to be bored. 😞

How Do You **Influence Intrinsic** Motivation?

We all need the following to satisfy and achieve psychological growth:

- ❖ Relevance (why we need to learn this)
- ❖ Engagement
- ❖ Effort trumps IQ
- ❖ A sense of belonging
- ❖ The need for empowerment (i.e. **CHOICE!**)

What is rigor?!



Cognitive rigor requires high expectations, support, and a student product that allows students to **demonstrate their learning**. In other words, we expect students to perform at high levels, yet we still provide support for these students.

Bloom's Taxonomy + Hess' Cognitive Rigor Matrix

- **Bloom** – What type of thinking (verbs) is needed to complete a task?
- **Webb** – How deeply do you have to understand the content to successfully interact with it? How complex or abstract is the content?

DOK is Depth & Complexity – Not Difficulty!

- The intended student learning outcome determines the DOK level. **What mental processing must occur?**
- While verbs may appear to point to a DOK level, it is **what comes after the verb** that is the best indicator of the rigor/DOK level.
 - **Describe** the process of photosynthesis.
 - **Describe** how the two political parties are alike and different.
 - **Describe** the most significant effect of WWII on the nations of Europe.

Can you answer our Essential Questions?



1. What is the difference between a fixed mindset and a growth mindset?
2. What is rigor?
3. Why is intrinsic motivation important? How can you promote intrinsic motivation?
4. How are the values (growth mindset, intrinsic motivation, and rigor) related and used in BT?

Reflection



What will you do tomorrow to intentionally promote growth mindset?

Thank You!



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Resources

Mindset Lesson: www.mindsetkit.org/static/files/YCLA_LessonPlan_v10.pdf

Carol Dweck Video: www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en

Neuroplasticity: www.youtube.com/watch?v=ELpfYCZa87g&index=2&list=PLBJMkHG5Vx1dJHgigoFJFt9_SPwCOigFj

The Motivated Brain by Gayle Gregory & Martha Kaufeldt (Awesome Book!)

What is Rigor? <http://goo.gl/Ed2rcz>

Raising Rigor in Your Classroom <https://goo.gl/j1RwdD>

Making Rigorous Discussion a Routine <http://goo.gl/FTt7Qf>

Effective Strategies To Include Rigor in the Classroom www.doe.virginia.gov/testing/teacher_direct/sol...rigor/general.pptx