

Step-it-Up

Example Scenarios

Scenarios for the Growth Mindset Matrix

Instructions: Read the scenarios from real-life high school situations below. Pick one to focus on and identify the issue. Then, come up with 1 fixed growth mindset response and 2 growth mindset responses and consider the likely outcomes for each response. Notice how the mindset impacts the outcomes.

1

There is a guy in your English class and you don't think he likes you. You don't know why. The guy gave you a mean look and then rolled his eyes at you when you answered a question in class. Your teacher pairs you up to work together on the next project. How do you respond?

2

Several of your friends are going to try out for basketball in a few months. You've never been very good at basketball, but you think it would be a lot of fun to be part of the team. You know you could make up an excuse for not trying out, or you could workout and practice over the summer. What do you do?

3

Your teacher asks if you'd be willing to stay after class. You're worried it's because you didn't do very well on your last test. What do you say?

4

The new kid in class kicks your backpack when he walks past your desk. How do you respond?

5

You've always hated math class, and last year you didn't do well. On the first day of math class this year, your teacher asks if you'll be a "math leader" for your class. What do you do?

