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### Academic Mindset Curriculum: Utilizing Systematic Mindset Training Derived from Athletic Training to Maximize Student Achievement

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***Academic Mindset Curriculum: Utilizing  
Systematic Mindset Training Derived  
from Athletic Training to Maximize  
Student Achievement***



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Florida Atlantic University**

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MINDSET

# What is Mindset Training?



Habits & Routine



Confidence



Motivation



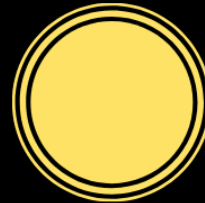
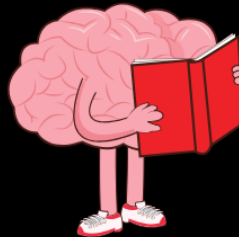
Goal Setting



Resilience



Self-Knowledge



Responsibility



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# Foundational Education Theories

## Growth Mindset – (Dweck, 2006)

- Moving from a fixed mindset (I can or can't do something) to a growth mindset (lean into struggle, focus on progress)
- Brains/Talents are not fixed & can be developed

## Mindfulness

- Shutting out distractions & focusing on the present moment
- Strategies to stay calm and relaxed under pressure

## Grit (Duckworth, 2016)

- Passion & Perseverance
- Staying loyal to your goals in the face of adversity



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# *Enter Sports Psychology*

Growth  
Mindset



Winning  
Mindset

Increasing Potential vs. Maximizing Potential  
Reactive vs. Proactive

Students spend time in classrooms daily, working through difficult content. Then, they study for hours outside of school, all to prepare for a high pressure test. Is this different from athletes preparing for a competition?



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# *How does a Winning Mindset Impact Students?*

Test anxiety impacts scores & health of as many as 40% of students (McDonald, 2010)

“Negative performance outcomes are often associated with high levels of anxiety in most sports” (Zannetti, 2013)

Student apathy is at a historic rise (Benders, 2011)

Mindset training impacts performance, behavior, attitude, and consistency in school, work, and life skills

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# Curriculum Design

## Objective:

Strengthening the mindset aspect of focus.

## Skill:

What specific skill can be improved to impact this aspect of mindset?

## Activity:

What activity will promote the improvement of that skill?

Systematic activities designed to intentionally build skills that will improve aspects of a student's mindset.



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# *Classroom Implementation*

## **Confidence: Students will be able to...**

1. Write down and repeat affirmations daily
2. Lead a group project or assignment
3. Evaluate their word choices for positive or negative wording
4. Confront mistakes and turn them into experience
5. Write down and reflect on past successes

## **Motivation: Students will be able to...**

1. Identify intrinsic motivations for achieving their goals
2. Describe traits they admire in their role models
3. Write down the expectations they have of themselves
4. Create a plan for dealing with high expectations of others
5. Locate sources of inspiration

## **Resilience: Students will be able to...**

1. Identify and evaluate "excuse-making" language
2. Analyze past responses to adversity
3. Describe the traits of mentally tough people
4. Write a plan for dealing with distractions
5. Create barriers for behavior that they believe to be unacceptable





# Lesson Planning

## Mindset Method Lesson Plan Template

Mindset Unit: \_\_\_\_\_

*(Self-Knowledge, Goal Setting, Habits & Routines, Confidence, Motivation, Resilience, Responsibility)*

Objective: \_\_\_\_\_

Planned Lesson Date: \_\_\_\_\_

Estimated Time Length of Lesson: \_\_\_\_\_

Skill to Work: \_\_\_\_\_

How will this Skill Improve Student's Mindset for this Unit?: \_\_\_\_\_

\_\_\_\_\_

Description of Lesson: \_\_\_\_\_

\_\_\_\_\_

What will Students do for Practice?: \_\_\_\_\_

\_\_\_\_\_

How will you Analyze the Impact of this Lesson?: \_\_\_\_\_

\_\_\_\_\_

Resources/Materials Needed: \_\_\_\_\_



# What does it look like?

## Academic Mindset Curriculum Sample

To learn more, visit: [zwinningmindset.com/academics](http://zwinningmindset.com/academics)  
or follow us: @Academicmindset

### Habits & Routine 12

Week

**Objective:** Students will establish a comprehensive plan that will prepare them for class or an exam.

Developing a confident and consistent mindset is no easy feat. It is one thing to understand all the traits that go into having a strong academic mindset, but a completely different task to apply it to your life consistently. The key to holding consistency is to have a great routine. No matter what surprises greet you throughout the day, you should have certain things that you do the exact same way/place/time every day to help focus your mind and give you clarity.

Having a structured routine reminds your mind and body of the person you are trying to be and the tasks you need to accomplish to become that person. It is much easier to stay focused on your goals and the completion of your action plan when your routine requires little thought. The more consistent you make your routine, the more consistent the rest of your behaviors will become.

**Activity:** You will create a routine for class/test days. Be as specific as possible, including details such as time that you will complete the tasks each day, where you will do it, for how long, etc.

#### Daily Routine

<b>Morning</b> <i>(How do you get ready for school? What's for breakfast? When do you leave?)</i>	
<b>Pre-Class</b> <i>(What do you do before each class? What do you</i>	