

## MOD 3.1 Preparing to Support SEL in Classrooms

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### TAKE IT DEEPER: Shifting Mindsets

**Engage:** Think about one skill you recently learned. It could be something related to school or in your personal life. How did you feel when you started practicing or learning the skill? How did you feel after you acquired some mastery?

**Practice:** Read this definition of growth mindset:

"In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment." (Dweck, 2015)

Now, take this [mindset test](#) thinking about your own SEL journey as an educator.

**Reflect:** Think about examples related to SEL implementation in your classroom or school where you may be displaying a fixed mindset. Now, consider examples where you are displaying a growth mindset. What can you do to help yourself moving forward with SEL? Who can you enlist to support your efforts?