

# Chapter 1 - Guided Notes Answer Key

## Key Terms

- 1. Growth Mindset: Belief that abilities can develop through effort and practice
- 2. Fixed Mindset: Belief that intelligence and talents are set traits
- 3. Neuroplasticity: Brain’s ability to form new connections when learning
- 4. Challenge: Task that stretches your abilities beyond comfort zone
- 5. Feedback: Information that helps you improve your performance

## Main Concept Overview

- 1. Growth mindset is the belief that your abilities can **develop** through hard work and smart strategies.
- 2. Your brain forms new **connections** every time you learn something new.
- 3. Adding the word **“yet”** to negative self-talk opens the door to future learning.
- 4. Fixed mindset can **block** your progress and keep you from reaching your potential.
- 5. Employers value workers who embrace **challenges** and learn from feedback.

## Matching Section

- |                   |                                                                  |
|-------------------|------------------------------------------------------------------|
| E Growth Mindset  | A. Information that helps you improve your work                  |
| C Neuroplasticity | B. Tasks that stretch your abilities beyond your comfort zone    |
| A Feedback        | C. The brain’s ability to form new connections when learning     |
| B Challenges      | D. Belief that abilities are set traits that cannot change       |
| D Fixed Mindset   | E. Belief that abilities can develop through effort and practice |

## True/False Questions

- T 1. Your brain can actually grow stronger when you practice new skills.
- T 2. Students with fixed mindsets often avoid difficult tasks.
- F 3. Making mistakes means you are not smart enough for your CTE program.
- T 4. Growth mindset helps you adapt to new technologies in your career field.
- F 5. Easy tasks help you develop the most as a learner.

## Fill in the Table (Sample Answers)

| Growth Mindset Strategy | How You Will Apply It                          |
|-------------------------|------------------------------------------------|
| Change your language    | Replace “I can’t” with “I can’t yet”           |
| Embrace mistakes        | Ask “What can I learn?” when I make errors     |
| Celebrate effort        | Praise myself for trying new strategies        |
| Seek feedback           | Ask teachers for improvement suggestions       |
| Set learning goals      | Focus on what I want to learn, not just grades |

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## Questions (Sample Responses)

1. Growth mindset helps me stay motivated when learning new skills, adapt to changing technology, and view challenges as opportunities rather than threats.
2. Change "I'm not good at public speaking" to "I'm not good at public speaking yet."

## Understanding Growth vs. Fixed Mindset

C K F P A X R G R R M Y J C W P A P L O I F T J  
J W I B R V H M R L I K T F H D A U S V B Q E U  
E Y X G C L A T P A Q K S E Q A K Q L I T S J S  
D E E H I J D Z D M J M Q B B T L N K O J P I D  
L O D Q L M I N K Y E T F I C M J L R E O P W T  
V P M K A J P U R R V R U W K O X Y E L D S R M  
D F I D I J E M K Y A Z T D R I W M A N K C I E  
B O N O P K O G I Q G Q M X S I O L M R G M E N  
E J D H F A T T E X G D Y C V I V O X S D F F X  
D P S W A Q R G Q I I R P A C N P U V U A I P I  
M T E Z F W J A J W T S O A B D X Q B N G Q L K  
W V T B E Y S I P F Y S Z W R I B P E V X Y Y I  
N N D I X W R W C E G W Q E T D L C L L I H M A  
H L Y X M U I D K G R E Q B E H Q I N Q H D U M  
Q N S B S H B Z D P G S S I U H M E T T D O Y U  
S F Y K F H V C J C W V I E D H R I I I O U S S  
W E V I E M U Y V Z U U S S S W W A N S E Z Q E  
V A C O E P W E O N B Q Z G T Q G V P D O S L F  
C W E M F K F E E D B A C K Y E U I Z H S Y X F  
S Q T I O C U I S H Y R P W W U N H H K X E W O  
I F X C T P O T E N T I A I Z V W C U B S A T R  
I T O T J K N A P D S I E Q F L O Y E H V Z I T  
R Z V W Z Z I E S E J J Z M A L P F F X M U F X  
M H Q B W I T N E U R O P L A S T I C I T Y Q Q

|                |               |                 |
|----------------|---------------|-----------------|
| Growth Mindset | Fixed Mindset | Yet             |
| Potential      | Persistence   | Neuroplasticity |
| Feedback       | Effort        | Challenge       |
| Abilities      |               |                 |

## Understanding Growth vs. Fixed Mindset

### Across

3. A task or situation that stretches your current abilities and requires you to learn new skills or strategies.

4. The hard work and energy you put into learning and improving, which is more important than natural talent for achieving success.

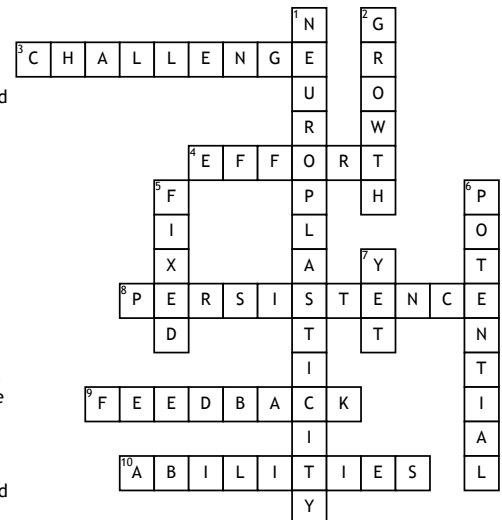
8. The ability to keep trying and working hard even when tasks become difficult or you face setbacks.

9. Information and suggestions from others that help you understand how to improve your performance or work.

10. Skills and talents that can be developed through practice and effort rather than being fixed at birth.

### Down

1. The brain's ability to form new connections and pathways when you learn something new or practice a skill.



2. The belief that your abilities, intelligence, and talents can develop through hard work, smart strategies, and learning from others. \_\_\_ Mindset

5. The belief that your intelligence and talents are set traits that cannot change much throughout your life. \_\_\_ Mindset

6. Your capacity for growth and improvement, which is not limited by your current skill level or abilities.

7. A powerful word that transforms negative self-talk into a growth-oriented statement by acknowledging current limitations while opening the door to future improvement.

# Chapter 1 - Lecture Notes

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## Example Lecture Outline

### Introduction

- Define growth mindset as the belief that abilities can develop through effort and practice
- Explain how this mindset directly impacts CTE student success and career readiness
- Emphasize that brain research proves we can actually grow our intelligence and skills

## Key Components of Growth Mindset

### Brain Plasticity and Learning

- Your brain forms new connections every time you learn something new
- Challenging yourself literally makes your brain stronger and more capable
- Mistakes and struggle are natural parts of the learning process that help brain growth

### The Power of “Yet”

- Adding “yet” to self-talk transforms limitations into possibilities
- “I can’t weld properly yet” opens the door to future improvement
- This simple word shift changes your entire approach to learning

### Challenge-Seeking Behavior

- Growth-minded students actively look for tasks that stretch their abilities
- Easy tasks don’t build the mental strength needed for career success
- Embracing difficulty leads to greater long-term achievement

### Learning from Feedback and Mistakes

- View criticism as valuable information rather than personal attacks
- Mistakes provide crucial data about how to improve your performance
- Seeking feedback accelerates your professional development

### Real-World Applications

- Technical careers constantly evolve with new technologies and procedures
- Employers value workers who adapt, learn, and persist through challenges
- Growth mindset graduates advance faster and earn higher salaries over time

### Impact and Implications

- Students with growth mindset earn higher grades and complete programs at higher rates
- Growth-minded employees become leaders and innovators in their fields
- This mindset creates resilience needed for lifelong career success

### Conclusion

- Growth mindset is a choice you can make starting today
- Your potential is not fixed • you can always improve and grow

## Discussion Prompts and Further Exploration

### Class Discussion Prompts

1. What examples of growth mindset have you seen in successful professionals in your CTE field?
2. How might fixed mindset thinking hold back someone’s career progress?
3. What specific challenges in your CTE program could benefit from a growth mindset approach?

## Chapter 1 - Lecture Notes Continued

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4. How do you think employers can tell the difference between growth and fixed mindset candidates?
5. What role does growth mindset play in entrepreneurship and starting your own business?

### Further Exploration Topics

#### Resilience and Grit in Career Development

Research shows that persistence and resilience predict career success better than initial talent. Students can explore how growth mindset builds these crucial qualities for long-term professional achievement.

#### Neuroplasticity and Skill Development

Understanding how the brain actually changes when learning new skills reinforces growth mindset principles. This topic helps students see the science behind why effort and practice create real, measurable improvements.

#### Growth Mindset in Team Environments

Most CTE careers involve teamwork and collaboration. Students can examine how individual growth mindset impacts team performance and how to build growth-oriented workplace cultures.

### Supplementary Content

#### Activity 1: Mindset Makeover

**Materials:** Worksheet with fixed mindset statements, pens

**Instructions:** Students rewrite fixed mindset statements using growth mindset language, focusing on adding “yet” and emphasizing effort over ability

**Expected Outcomes:** Students practice transforming negative self-talk into growth-oriented thinking

**Assessment:** Quality of rewrites and ability to explain the difference between original and revised statements

#### Activity 2: Growth Mindset Goal Setting

**Materials:** Goal-setting templates, career pathway information

**Instructions:** Students set specific learning goals for their CTE program using growth mindset principles, focusing on effort and strategy rather than just outcomes

**Expected Outcomes:** Students create actionable plans for skill development in their chosen career field

**Assessment:** Specificity of goals and alignment with growth mindset principles

#### Activity 3: Mistake Analysis

**Materials:** Examples of common errors in their CTE field, reflection worksheets

**Instructions:** Students analyze typical mistakes in their career pathway and identify learning opportunities within each error

**Expected Outcomes:** Students develop positive relationships with mistakes and see them as valuable learning data

**Safety Considerations:** Use examples rather than requiring students to share personal failures

**Assessment:** Depth of analysis and ability to extract learning opportunities from mistakes