

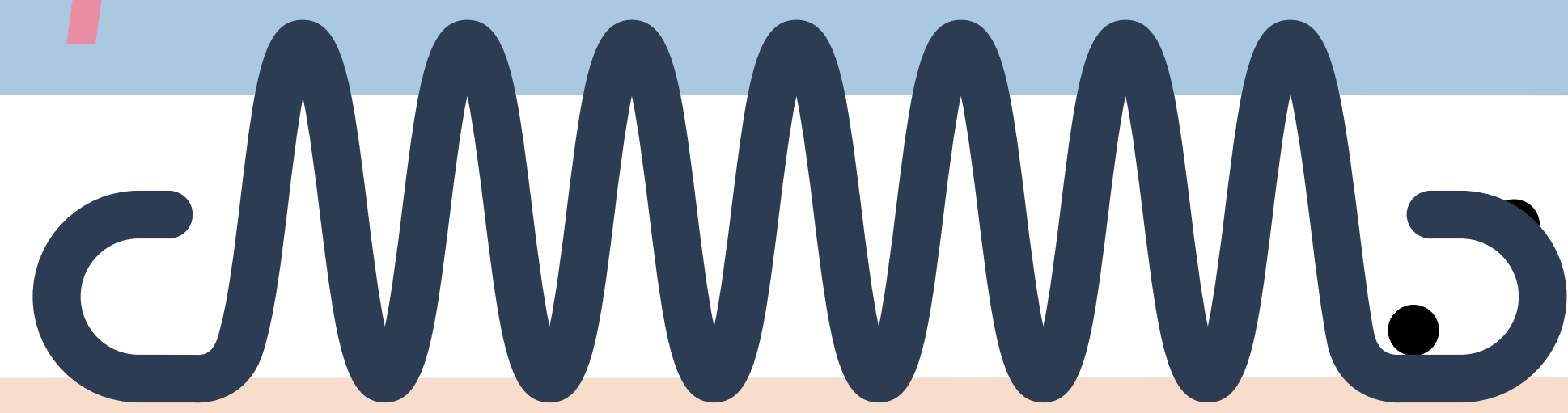
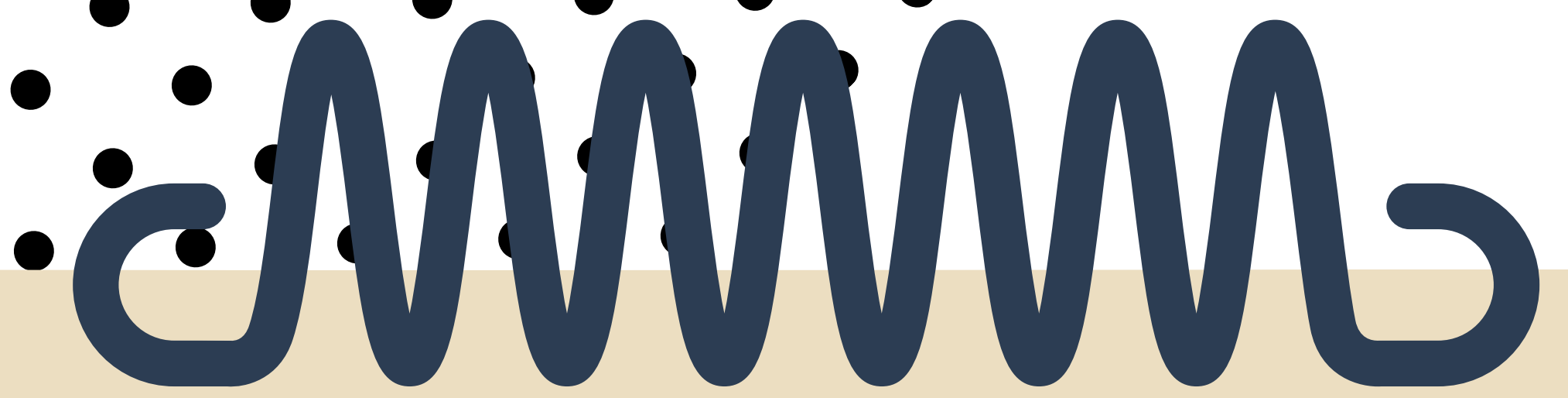
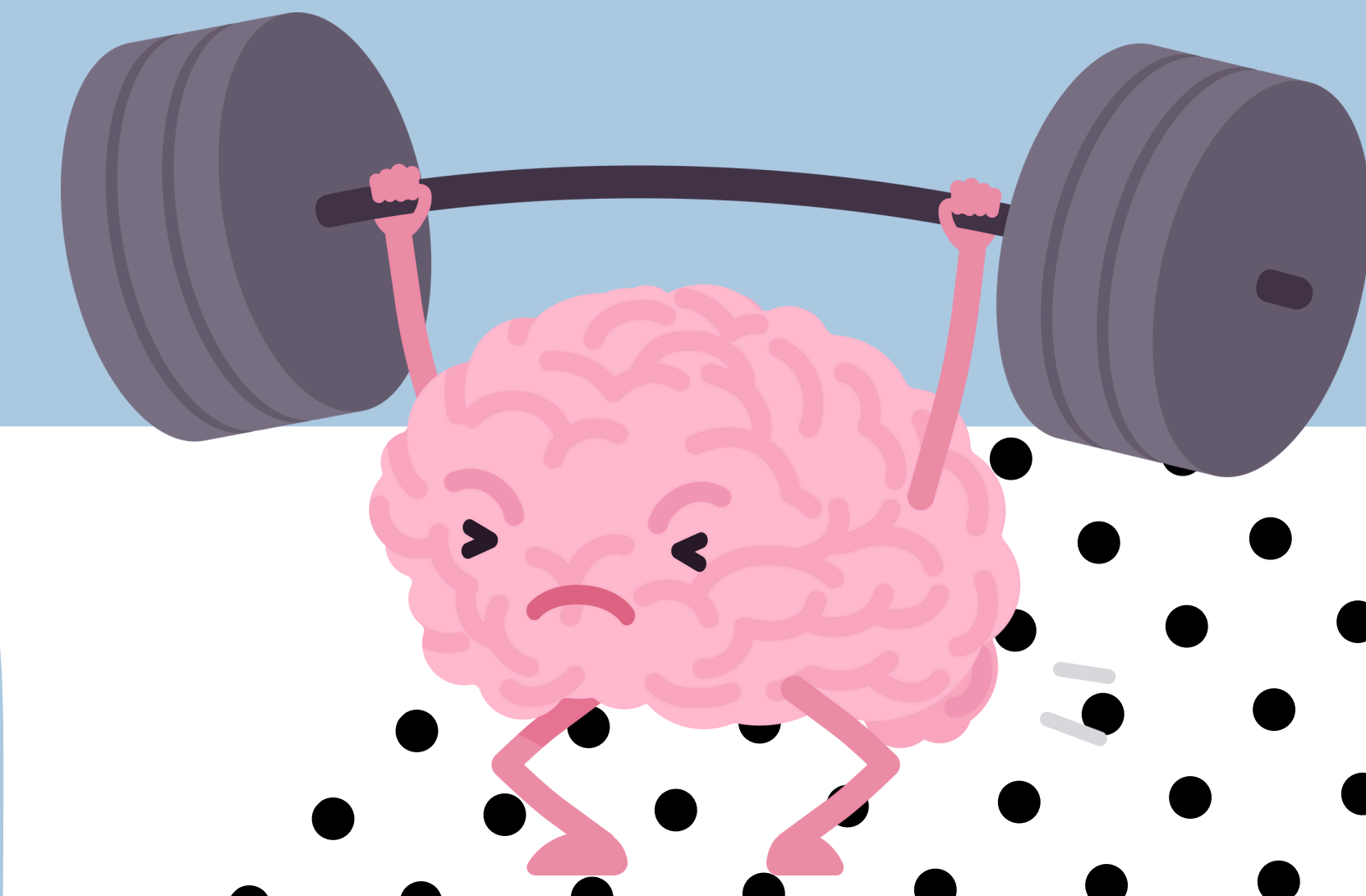


Mindset Moments with Pre-service Teachers

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CAL POLY



NEED

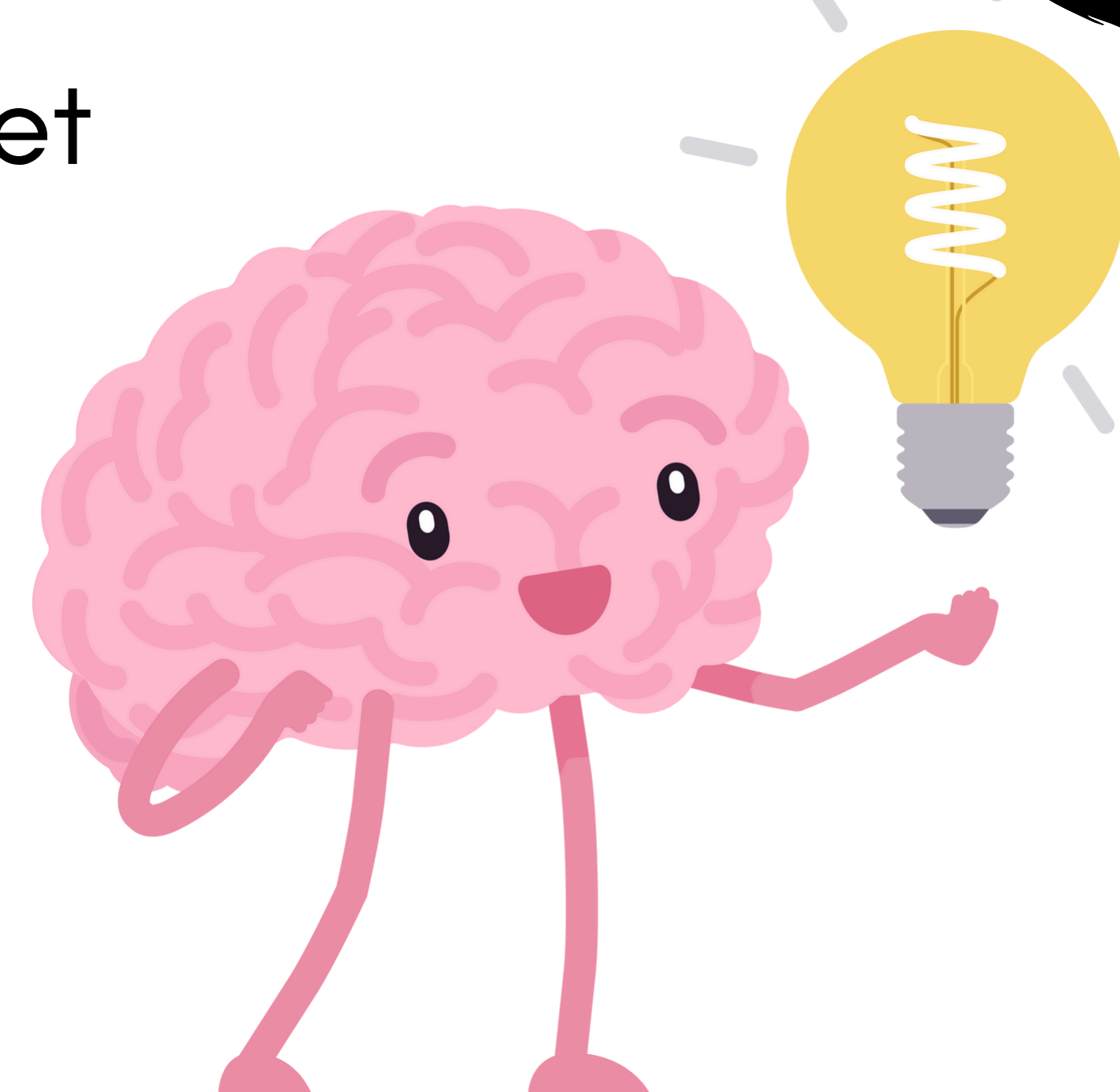
- While mentoring pre-service teachers, there is a clear need to foster a love for learning and resiliency to find success
- The need for a growth mindset justifies supporting this development through their teacher education preparation program
- Being able to acknowledge the challenges they are facing and create growth mindset strategies support the development of emotional intelligence

HOW IT WORKS

1. Determine Gaps: Identify any needs for pre-service teachers' mindset
2. Identify Strategies: Determine a way to facilitate discussion on challenges
3. Employ Mindfulness Moments: 20 minute sessions during the pre-service teachers' final clinical practice seminars
4. Reflect: Necessary to guide next steps in employing mindfulness moments

Mindset Moment Topics

- 1 The Learning Pit
- 2 Strategies for Growth Mindset
- 3 Choice of Language We Use
- 4 Definition of Success



RESULTS TO DATE

At the conclusion of each seminar, there was an exit survey where 12 pre-service teachers were asked to respond to the prompt "Today I valued..." Out of four seminars, three seminars had at least one response referring to the growth mindset moment.

"That is okay to not know everything"

"I really valued the learning pit segment."

"...hearing from the other student teachers and sharing our experiences. Helped with not feeling alone with our struggles."

"Hearing from the cohort that most of us seem to be having similar struggles"

"I valued the mini lesson [teacher] gave us talking about how we are in the pit right now, but we can get out of it. We have done it before, and we can do it now."

"I valued the growth mindset and writing down what success looks like to me right now"

"Our mindset moment."

"The mindfulness moment"

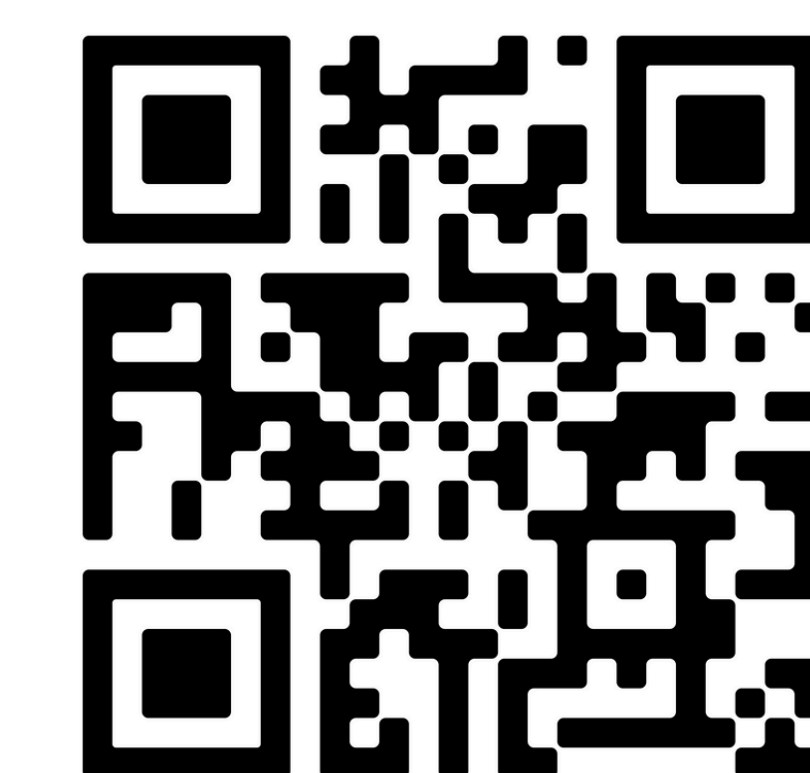
Future plans

- Reflecting on the two seminar after no connecting results
- Implementing mindset moments earlier with pre-service teachers before clinical practice

Advice to others

- Create a space with pre-service teachers where they will be willing to share their challenges
- Focus on the specific needs of each cohort

Mindset Moments Presentations



References

