

Name:

Date:

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Unit Topic: My Mindset, Skills and Interests

Goal:

In this unit the student will investigate how they have grown and developed the skills necessary to become an educated citizen. Assessment of this learning is made through reflection and online quizzes.

Marking:

There isn't a formal test for this unit. The work you do in this unit is done through research of online sources, printed, and submitted to your teacher with this page attached to the front for marking. Your teacher will assign marks based on the following rubric:

Name	Description	%
Missing	Unsatisfactory. Nothing to mark as nothing handed in.	0
Minimal	Effort and results are minimally acceptable. Much improvement needed.	50
Developing	Effort and results are satisfactory but several areas are in need of improvement.	60
Competent	Effort and results are satisfactory with few areas in need of improvement.	70
Good	Effort and results are better than average.	80
Superior	Effort and results are better than most.	90
Perfect	Effort and results are outstanding and exceed expectations.	100

Teacher's Comments:

Part A – The Educated Citizen and Growing Your Mind

The concept of an educated citizen, as determined by the Royal Commission on Education, has guided teachers in their practice to help the students of today become the well-rounded citizens of tomorrow. Research has shown that all students have the ability to grow and learn through their experiences, but mindset plays a powerful role. With a growth mindset, intelligence can be developed and this, coupled with the power of perseverance, supports career development.

1. Refer to "**The Educated Citizen**" handout on the next page. Complete the table below giving in depth examples that include the "who, what, when, where and how" details behind why you feel you exhibit the trait mentioned.

Trait	Example
<ul style="list-style-type: none"> • Able to learn and to think critically, and able to communicate information from a broad knowledge base. 	
<ul style="list-style-type: none"> • Creative, flexible, self-motivated with a positive self-image. 	
<ul style="list-style-type: none"> • Capable of making independent decisions. 	
<ul style="list-style-type: none"> • Skilled and can contribute to society and the work-world. 	
<ul style="list-style-type: none"> • Productive, able to gain satisfaction through achievement and strive for physical well-being. 	
<ul style="list-style-type: none"> • Co-operative, principled, and respectful of others regardless of differences. 	
<ul style="list-style-type: none"> • Aware of the rights and prepared to exercise the responsibilities of an individual within the family, the community, Canada, and the world. 	

The Educated Citizen



Are you:

- Thoughtful, able to learn and to think critically, and able to communicate information from a broad knowledge base?
- Creative, flexible, self-motivated and a person with a positive self-image?
- Capable of making independent decisions?
- Skilled and can contribute to society and the work-world?
- Productive, able to gain satisfaction through achievement and a person who strives for physical well-being?
- Co-operative, principled, and respectful of others regardless of differences?
- Aware of the rights and prepared to exercise the responsibilities of an individual within the family, the community, Canada, and the world?

*Adapted from: The Educated Citizen, The Royal Commission on Education
(known as the Sullivan Commission), 1988.*

2. Watch Angela Duckworth's Ted Talk on the power of perseverance.

https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

Complete the GRIT scale assessment at the link provided in order to get an idea of how much you believe that you persevere in the face of adversity. <https://angeladuckworth.com/grit-scale/>

Record your results below. What do the results say about you?

3. What is neuroplasticity?

4. Are there ways of making your brain grow? Describe them. Why is it important to believe that your brain can grow?

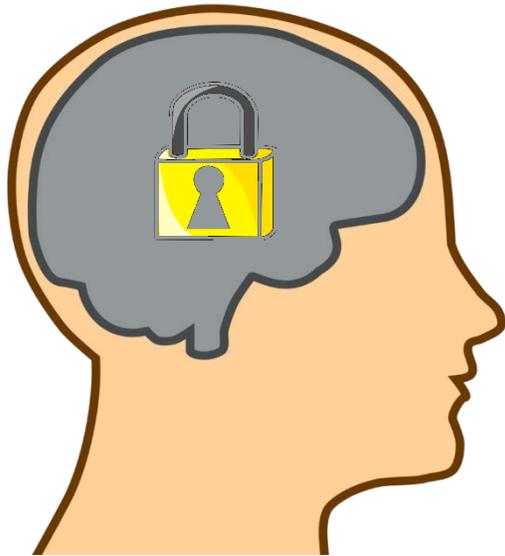
For the questions below, refer to the "Mindset" handout on the following page.

Watch this short YouTube video on Fixed vs Growth Mindsets.

https://www.youtube.com/watch?v=KUWn_TJTrnU.

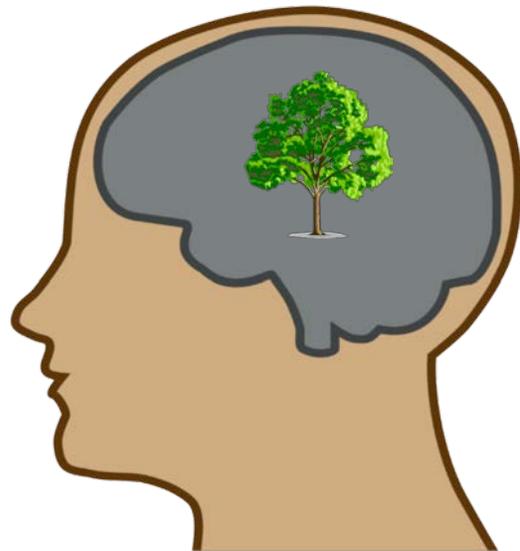
5. What does it mean to have a fixed mindset? Do you believe that mindset affects effort? Explain.

6. Create a poster, presentation, or essay that indicates the importance of a growth mindset, and/or why failing is important for effective learning. Ideas may include a personal story of perseverance in the face of a challenge, an inspirational message to others, or an informational pamphlet on how words and beliefs can affect success.



Fixed Mindset

- **Avoid challenges**
- **Give up easily**
- **Feel effort is not necessary**
- **Ignore useful criticism**
- **Feel threatened by others' success**



Growth Mindset

- **Don't mind challenges**
- **Persevere even if there are setbacks**
- **Understand that effort is necessary**
- **Learn from criticism**
- **Learn from the success of others**

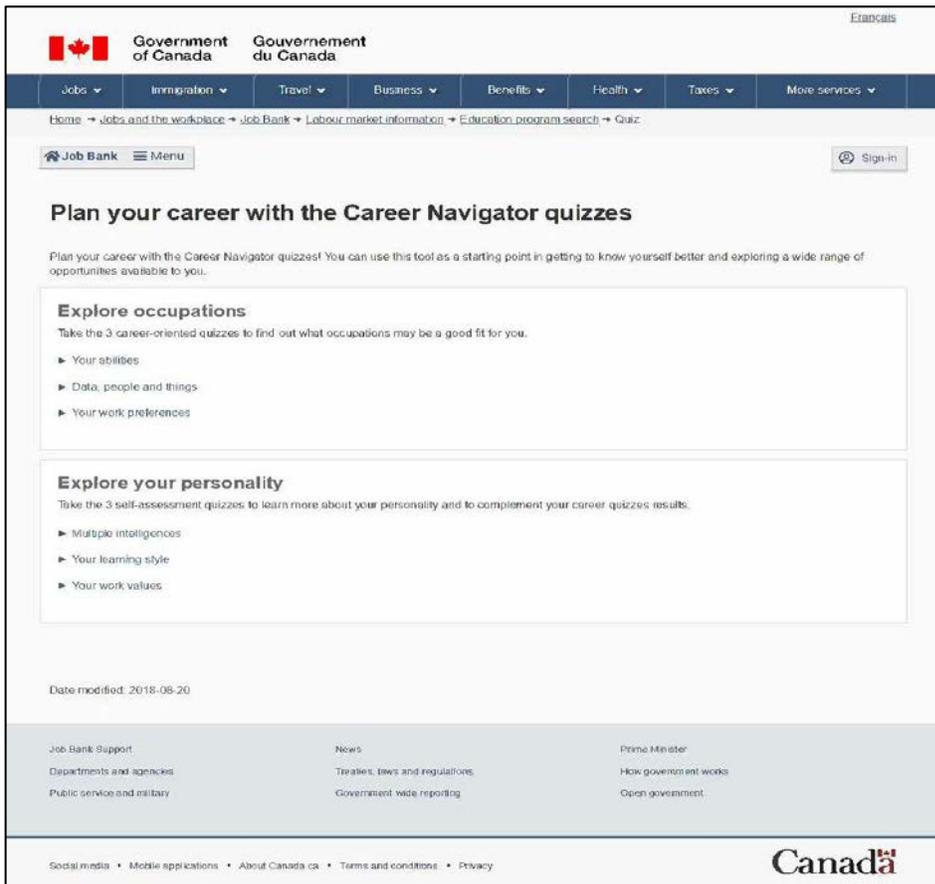
Part B – Career Navigator

These quizzes will help you learn about yourself and the kinds of careers and training you would find interesting. Be honest when you take the quizzes, so your results accurately reflect you.

1. Go online to this website:

<https://www.jobbank.gc.ca/quizhome>

The page will look like this:



2. Start by taking the three "Explore Your Personality" Quizzes. These will give you an idea of what your preferred learning style is. Be sure to print the reports so you can hand them in to your teacher.
3. Next, you should take the Abilities Quiz, the Data, People and Things Quiz, and the Work Preference Quiz. Again, be sure to print the reports so you can hand them in to your teacher.

