

Persistence

**GROWTH MINDSET
PRACTICES**



ESSENTIAL QUESTION

Why is how you learn just as important as what you learn?

LEARNING OBJECTIVE

By the end of today's lesson, you will be able to define persistence, write yourself a motivational paragraph, and apply persistence to your growth mindset.



TODAY'S LESSON

In today's lesson, we will talk about the importance of persistence—never giving up even in the face of obstacles. You will reflect on your personal experiences with challenging tasks, watch an inspiring video about people who persisted despite failure, and learn how to develop your persistence.



Let's start with a
math challenge!

Draw It

Independently, try to solve the math problem below.

55

176

539

1628

Q. In the sequence above, each term after the first is determined by multiplying by x and then adding y . If x and y are each greater than zero, and if they are integers, then what does the term $x + y$ equal?

Open Ended Question

Describe your experience trying to solve the math problem. Did you find it easy or challenging? Was it frustrating at any point? Did you want to give up? Did you try your hardest?

Poll

What do you typically do when you face a really challenging task? Choose the answer that best describes your most common response. Be honest.

- I usually start to feel lazy and want to quit.
- I usually get really frustrated and want to quit.
- I usually race through the task quickly without caring about the quality of the work.
- I usually procrastinate and never finish the task.
- I usually procrastinate at first but finish the task.
- I never give up no matter what obstacles are in my way.
- I try my best to work through it and finish the task most of the time.

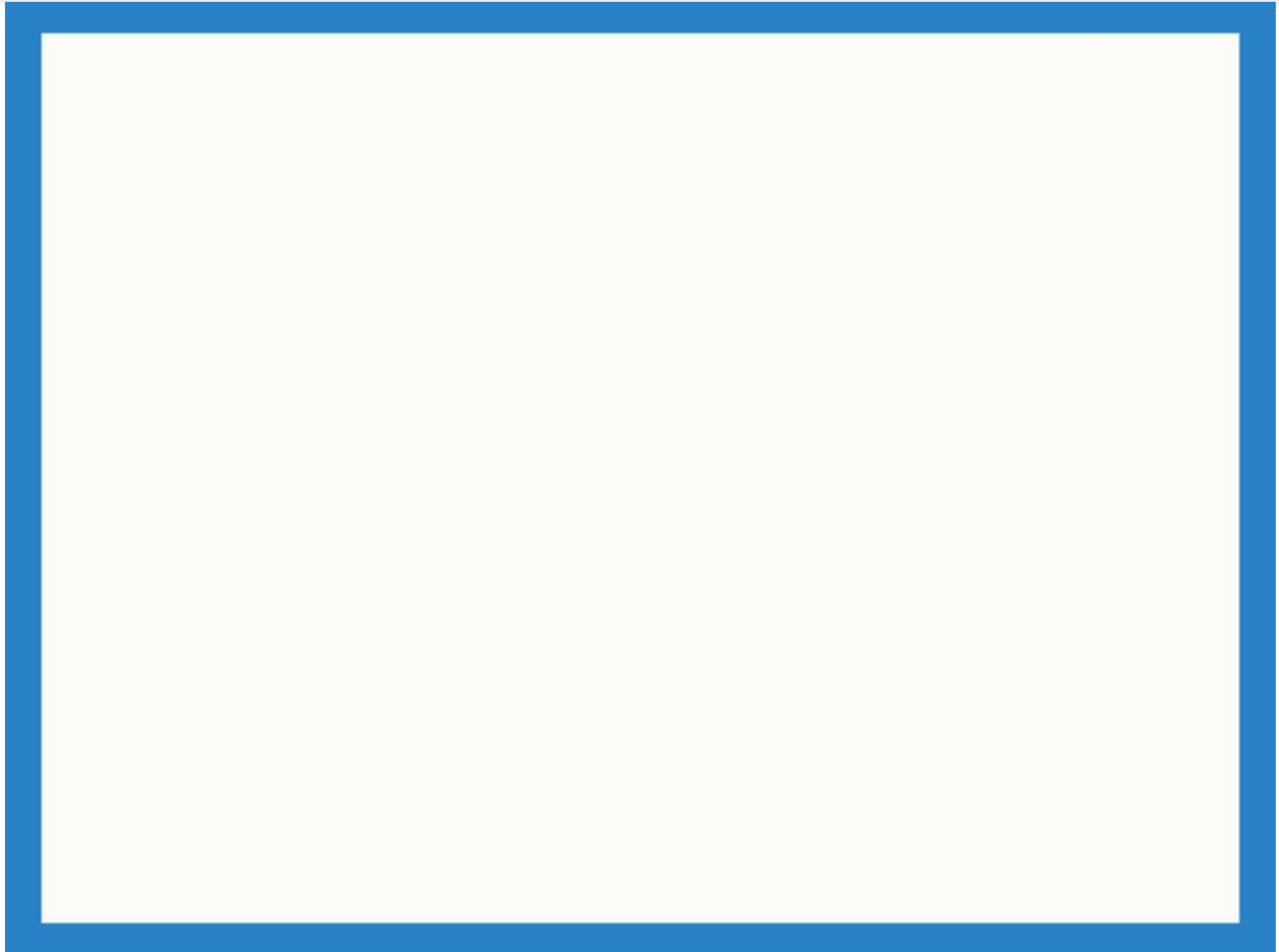


THINK-PAIR-SHARE

What kinds of tasks make you feel most frustrated and lead you to give up? Math? Reading? Writing? Sports? Art? Silent work? Share specific examples.

Draw It

Draw a picture of how your brain feels when you are frustrated.





Let's learn!



PERSISTENCE

Persistence is sticking with something until it is completed; it means never giving up even in the face of obstacles. On the next slide, you will watch an inspirational video about highly successful people who did not quit despite major setbacks.



<https://www.youtube.com/embed/zLYECIjmnQs>



What was your reaction to the video?

Collaborate!

What was your reaction to the video?

Open Ended Question



Whose story were you most surprised by and why?



THINK-PAIR-SHARE

Why do you think these people, who went on to become extremely successful, persisted in the face of failure?

Open Ended Question

Write about a time you didn't quit even in the face of challenge and failure. What motivated you to keep going?



HABITS OF PERSISTENT PEOPLE

Want to know how to become more persistent? On the next slide, you will read an article that explains the seven habits of highly persistent people. After, we will review the key points.

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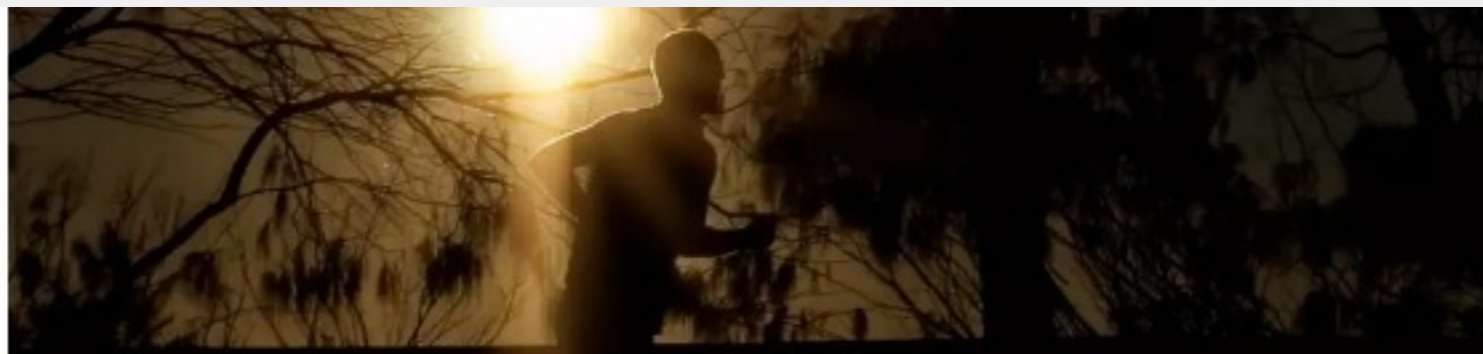
7 Habits Of Highly Persistent People

Talent, genius, and education mean very little when persistence is lacking. Here's what true determination looks like.

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<https://www.fastcompany.com/3044531/7-habits-of-highly-persistent-people>





PARTNER REVIEW

With a partner, discuss each habit of highly persistent people and explain their connections to persistence.

1. An all-consuming vision
2. A burning desire
3. Inner confidence
4. Highly developed habits
5. Ability to adjust and adapt
6. Commitment to lifelong learning
7. Role models that act as guides and mentors

Open Ended Question



Choose one habit to focus on personally, and explain how you will develop it.



CLASS DISCUSSION

How does persistence relate to growth mindset?



Let's apply what
we've learned!

Open Ended Question

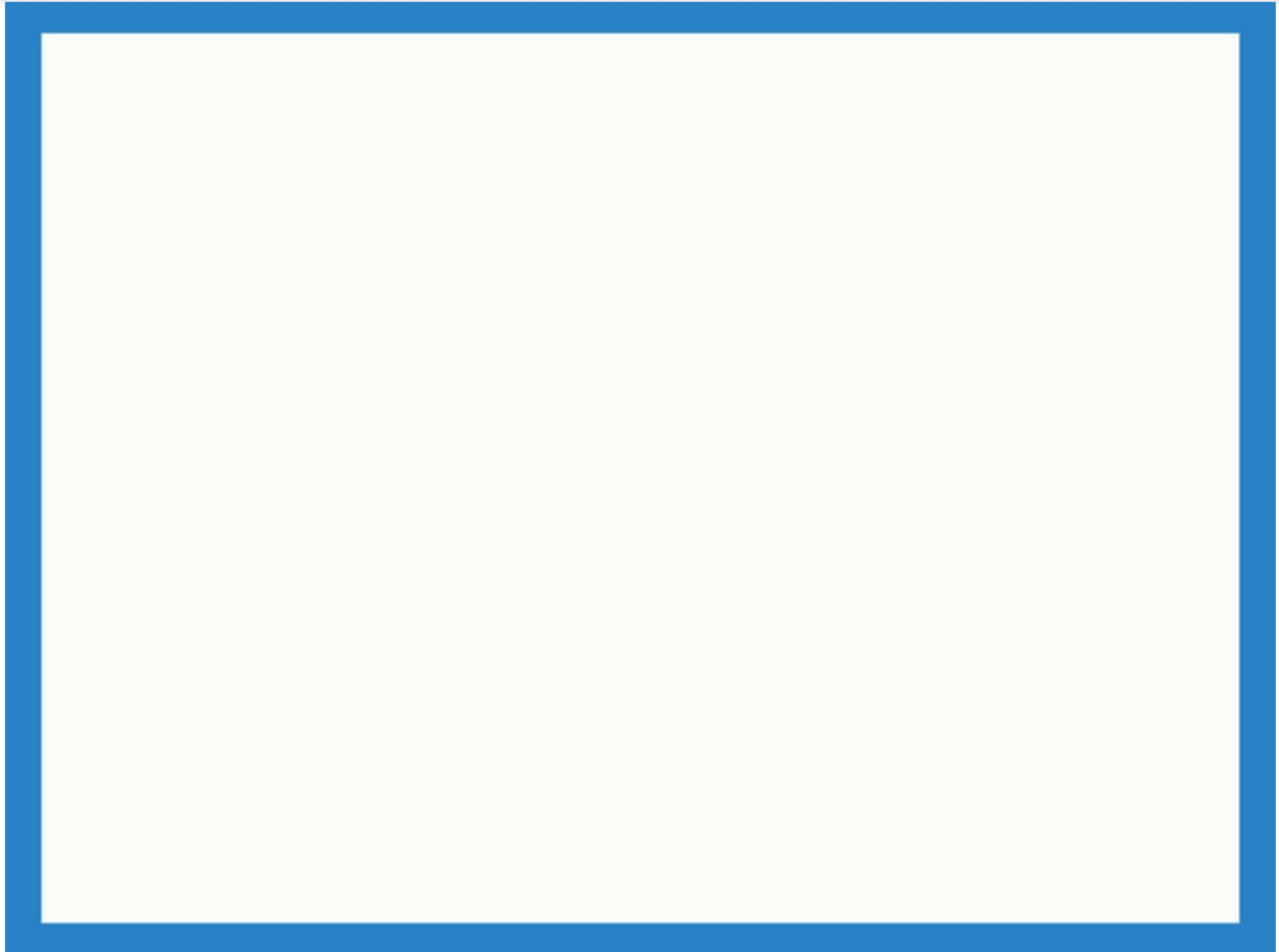
Think of the last time you became frustrated during a challenging activity and gave up before completing it. Write a short motivational paragraph to yourself, explaining why and how you should persist.

Open Ended Question

Describe a strategy you will use to help yourself stay persistent.

Draw It

How can persistence fuel your growth mindset? Draw or describe below.





Let's reflect!

Poll

How comfortable do you feel applying the skill of persistence to help build your growth mindset?

- Very confident
- Confident
- Only a little bit confident
- Not at all confident

Thank You!

