

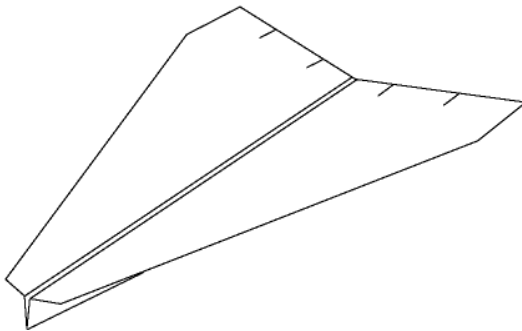
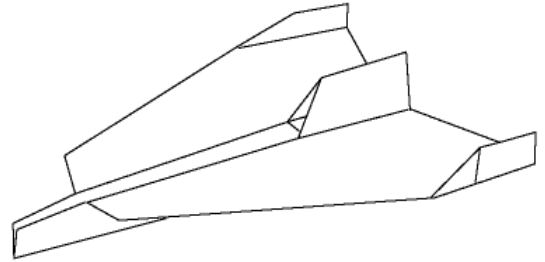
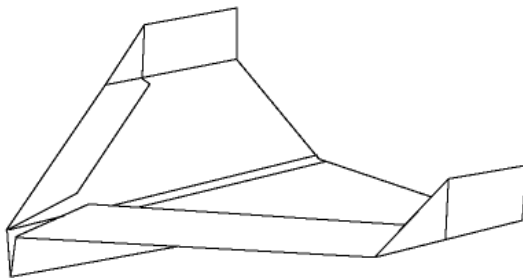
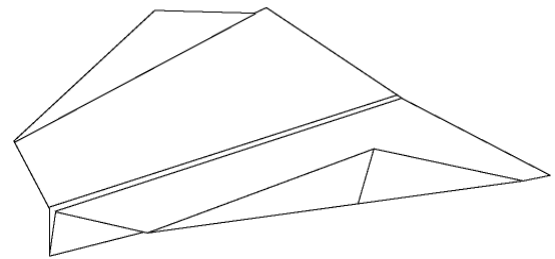
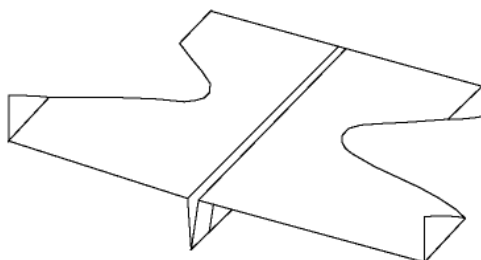
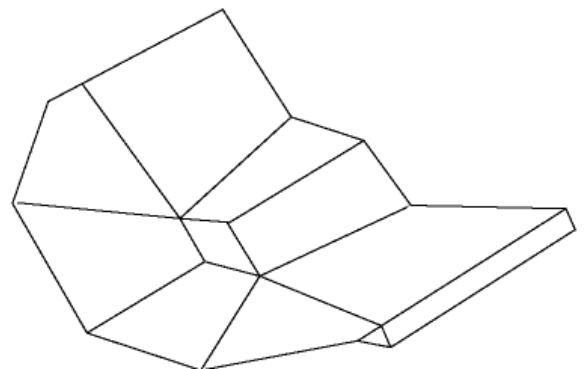
Reflection About Learning

Form a team of 3-5, consider the following questions, discuss in your team, take note of your (or your team) answer

- How do I approach a new assignment? Do I make a plan? Do I start right away? Do I discuss it with anyone?
- What conditions make it easiest for me to do my homework? How often do I do my homework under these conditions?
- What do I do when I don't understand something or am struggling to complete an assignment? How does it make me feel?
- How long do I try to work something out on my own before asking for help? Where do I usually go for help?
- Do I always approach my schoolwork in the same way or do I try out different strategies? Do I approach different subjects in different ways?
- What motivates me to do my work? What does "doing well" in a class mean to me? How do I react when I don't do well?

Paper airplane activity:

Imagine your homework assignment is to fold one of the paper airplanes (below). There is no instruction on how to fold the paper airplanes; no restriction on which airplane(s) to fold; you may change your mind and fold another airplane.

Arrow**Interceptor****Condor****Trap Glider****Dragonfly****Stealth Wing**

Paper airplane reflection:

- Which airplane(s) did you fold?
- How did you choose? Did you choose the one that looks familiar to you? Did you choose the one that looks challenging?
- Were you able to fold an airplane that looks like the given image? How many times did you try? If you were unable to fold an airplane that looks like the one you chose, did you keep trying or did you try another airplane?

- What did we learn from this activity?
- Can we transition how we approach (and solve) the paper airplane assignment to how we learn? Growth mindset vs. fixed mindset? Self-efficacy?
- What should we do to raise self-efficacy?

Mindsets and Self-Efficacy

Take a few moments to reflect on how you feel about learning new things.

In the space below, make a list of areas where you consider yourself to have a ***Growth Mindset*** and a list of areas where you consider yourself to have a ***Fixed Mindset***. It's okay to list some things in the middle if you think it's a bit of both.

Growth Mindset

Fixed Mindset

In the space below, make a list of areas where you consider yourself to have ***High Self-Efficacy*** and a list of areas where you consider yourself to have ***Low Self-Efficacy***. It's okay to list some things in the middle if you think it's somewhere in between, or if it varies depending on the situation.

High Self-Efficacy

Low Self-Efficacy