

Step-by-Step

The mindset Step-by-Step explains how to develop a youth belief that the brain is a muscle that gets stronger with effort, strategies and seeking help. This belief is called a "Growth Mindset".

Step 1

Mentor reviews the Mindset anchor paper and materials.

Step 2

Mentor teaches youth mindset and brain development concepts and vocabulary over two or more conversations. Mentor helps youth see relevance to his or her personal life path by sharing the *Brain Powerpoint*, youth readings and live brain cell footage on the *Brain Development DVD*. Mentor can use mindset skits to encourage awareness of mindset language and how mindset influences outcomes.

Step 3

In the final mindset lesson, youth writes a letter advising other youth on applying a growth mindset. Research shows that youth who advise others are more likely to believe it themselves, so this "self-persuasion" exercise actually establishes a youth's "beliefs" about and understanding of mindset.

Intervention Technique

Revisit mindset materials in months ahead, and use movie clips in the Sparks/Mindset DVD to keep sparks and mindset concepts "front and center". At this stage, a mentor and youth may move directly to the Goal Management stage, where the youth selects a goal related to growing Sparks or Mindset. (This happens at 5th grade and sometimes with older youth, depending on the intervention strategy).

The ideal StepItUp2Thrive process is to move from mindset exploration to mentor-youth Thriving Indicator Conversations. From the conversations, the youth selects a goal in an indicator area. There are multiple ways that sparks and mindset conversations can support all goals that come out of indicator conversations.