

Grit, Growth Mindset, and Math Anxiety Logic Model

Title of the Module: Grit, Growth Mindset, and Math Anxiety

Intended learners/audience: Female trades pre-apprenticeship students

Intended roles(s) learners are preparing for: Entry level construction trades worker or apprentice

Prerequisites: none

Revision date: 10/27/15



Oregon Tradeswomen, Inc.

Knowledge, Skills, & Attitudes	Performance Tasks	Objectives	Intended Outcomes
If learners begin the training with the prerequisites and learn this contentand <i>demonstrate</i> their learning in these ways...	...we can be confident that they will be able to do these things by the end of the training...	...which will prepare them to do these things after the training...
<p>Concepts</p> <ul style="list-style-type: none"> • Grit • Growth mindset • Math anxiety <p>Principles</p> <ul style="list-style-type: none"> • Grit increases the likelihood of success • A growth mindset increases the likelihood of success • Strengthening basic math facts can make it easier to do math and reduce math anxiety • Relaxing before doing math can reduce math anxiety 	<ul style="list-style-type: none"> • In your own words, explain what grit is and how it contributes to success (A, B) • Identify things you will do to be gritty in difficult or frustrating situations (D) • In your own words, explain what a growth mindset is and how a growth mindset and failure contribute to success (F, G, H) • Identify things you will do to maintain a growth mindset in class and on the job site (J) • Recognize classmates who demonstrate grit or a growth mindset (C, I) • Throughout the class, keep trying to learn and improve, even when things are difficult or frustrating. (E, K) 	<ul style="list-style-type: none"> A. Explain what grit is B. Explain how grit contributes to success C. Recognize grit D. Identify ways to be gritty E. Demonstrate grit F. Explain what a growth mindset is G. Explain how a growth mindset contributes to success H. Explain how failure contributes to success I. Recognize a growth mindset J. Identify ways to build or strengthen your growth mindset K. Demonstrate a growth mindset L. Apply strategies to reduce math anxiety 	<ul style="list-style-type: none"> 1. Persist through difficulty and frustration to achieve your goals



<p>Attitudes</p> <ul style="list-style-type: none"> • Grit • Growth mindset • Belief in the ability to reduce math anxiety 	<ul style="list-style-type: none"> • Use math anxiety reduction strategies when doing math 	<p>M. Identify strategies to reduce math anxiety</p>	
<p>Knowledge, Skills, & Attitudes</p>	<p>Performance Tasks</p>	<p>Objectives</p>	<p>Intended Outcomes</p>

