



Mindset, Social Emotional Skills Adverse Childhood Experiences (ACEs)

- Black Youth achieve equity in education
- Black Youth become the highest performing group on national and state academic tests
- All Black Youth achieve their full potential



What you believe about yourself matters

- How a student perceives themselves and their environment can significantly impact academic success
- If a student has low self-esteem, has test anxiety, has been labeled, or is under a lot of stress, learning can be more difficult for them
- If a student does not believe they can succeed, they likely will not
- If a student believes a program designed to help them is a type of punishment that reaffirms their label as a slow learner, that program won't help as much as it could



Four categories

- There are four categories to help describe how students may perceive themselves or how various factors in their lives impact learning effectiveness
- Mindset
- Social Emotional Skills
- Adverse Childhood Experiences (ACEs)
- Homelife and life experiences



Mindset

- Mindset is closely aligned with self-esteem
- Based upon the work of Dr. Carol Dweck, mindset has two components
 - Growth mindset
 - Fixed mindset
- A person with a growth mindset likes challenges and views failure as an opportunity to learn; they generally have high self-esteem
- A person with a fixed mindset believes their intelligence is fixed; any failure reinforces their limitations which often leads to test anxiety; they generally have low self-esteem



Mindset (2)

- Mindset: The New Psychology of Success, 2006
- Dr. Dweck's website, <http://mindsetonline.com>
- Videos:

<https://www.youtube.com/watch?v=ElVUqv0v1EE>

https://www.youtube.com/watch?v=-_oqghnxBmY

<https://www.youtube.com/watch?v=JC82Il2cjqA&list=PL4111402B45D10AFC>

- Brief interactive survey to help determine if a person has a growth or fixed mindset

<https://www.londonacademyofit.co.uk/blog/interactive-quiz-fixed-vs-growth-mindset>



How to address Mindset

- Explain the concept to each student; include parents when possible
- Watch one of the videos on the topic
- Complete the interactive quiz to determine a student's likely mindset
- Discuss it with the parents
- Provide ideas the parents can do at home to help build and maintain a growth mindset



Social emotional skills (SES)

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.
(<http://CASEL>, 2016)



SES (2)

Websites for more information:

- <http://www.casel.org/what-is-sel/>
- <http://www.danielgoleman.info>
- <https://mindup.org/thehawnfoundation/>
- Typical skills included under SES
 - Self-esteem
 - Motivation
 - Persistence
 - Delayed gratification
 - Expectations
 - Mindfulness



Adverse Childhood Experiences (ACEs)

- Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years)
- ACEs can impact health and academic success
- A student with four or more ACEs is significantly more likely to struggle in school
- Website:
 - <https://www.cdc.gov/violenceprevention/aces/fastfact.html>
 - <https://www.ncsl.org/research/health/adverse-childhood-experiences-aces.aspx>
 - https://www.childtrends.org/wp-content/uploads/2014/07/Brief-adverse-childhood-experiences_FINAL.pdf



ACEs (2)

- Surveys and questionnaires to identify ACEs
 - <https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>
 - <https://www.acesaware.org/learn-about-screening/screening-tools/>
 - <https://acestoohigh.com/got-your-ace-score/>
- Videos
 - <https://www.youtube.com/watch?v=95ovIJ3dsNk>
 - <https://www.youtube.com/watch?v=6JbVctndWhY>



ACEs (3) Steps

- Parents review basic information and gain and understanding
- Parents explain the concept to their children
- Explore community resources to help address any needs



Home and life experiences (past and present)

- A student's homelife and life experiences play a key role in brain development and building background knowledge
- It impacts mindset, social emotional skills, and whether or not a student experienced any ACEs
- Family is important to support student success
- The Movement must include resources and programs to support families to ensure every student has the best chance to succeed



Summary

- Mindset and home life are key ingredients to a student's success.
- If a student has a fixed mindset, and/or several ACEs, and/or has a challenging homelife, these factors can significantly impact their ability to succeed in school
- Reading success must be addressed holistically
- These factors need to be evaluated and addressed as needed