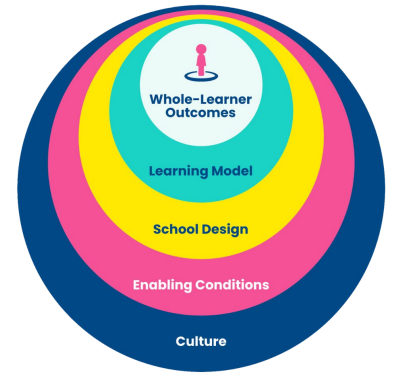




Tool: Mindsets Reflection

As we work to create learner-centered environments, examining our own water, or in other words, our culture, assumptions, and beliefs is key to cultivating the mindset shifts needed to change the water we're swimming in. We can do this by visiting other schools that are implementing learner-centered practices or stepping out of our field and doing analogous experiences.



Pre-Reading:

- Read more about learner-centered mindset shifts [here](#).
- Explore how school visits and analogous experiences can support examining your mindsets to better implement learner-centered education [here](#).

Mindset Shifts

Fear or Doubt	→	Trust
Controlling	→	Empowering
Compliance	→	Engagement
Judgement	→	Curiosity
Constraints	→	Possibilities
Efficiency	→	Humanity

If you decide to try an experience that shakes up your perspective on what is possible, such as a school visit or analogous experience, this tool is intended to help ensure that experience is oriented to uncovering the underlying assumptions, beliefs, and mindsets necessary for the new practice you decide to implement to actually change the experiences of learners.

How to use this tool

If you are planning a school visit: Use the tool on page 2 to reflect after the school visit about what you observed, what mindset shifts that might reflect and how that might shift your mindset or practice.

If you are thinking about an analogous experience: Use the tool on page 3 to plan and then reflect on an experience outside of school to shift mindsets.

School Visit Reflection

Practice:

What was the practice that you were going to see or that you saw while there?
What did it look like in action?

Mindset:

What mindset, beliefs, assumptions do you think is underlying the success of that practice?
How do you know/feel the mindset?

Reflection:

How does that differ from our current mindset?
What beliefs or assumptions might prevent us from shifting to this mindset?
Why do we hold this assumption or belief?
What constraints do we face? Which are real and which are perceived?

Analogous Experiences: Planning & Reflection

Mindset:

What mindset do you want to shift within your culture?
Unpack, what does that mindset mean, look like, feel like?

Experience:

Use one of the resources [here](#), [here](#) or [here](#) to design an experience to explore, & reveal that mindset. What will you do or experience? Where will you go?

Reflection:

How did it feel to experience that mindset?
What did it actually look like, sound like, feel like?
What does that make you think about learning and learners?
How might your work shift?