


ASCA WEBINAR SERIES



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ASCA Mindsets Based Mini-Lessons

Webinar Presenter: Deb Blume
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Learning Outcomes

- Create a schoolwide vocabulary to hold students accountable and raise the bar.
- Explain how a few moments of repeated dedication to a specific skill or strategy can be incorporated into their program.
- Explain how presenting lessons using multiple learning modalities can enhance student's knowledge, attitudes and skills.



MINDSETS CONNECTION

Example from Handout

- **Career Clusters:**
- **M 2.** Self-confidence in ability to succeed
- **M 4.** Understanding that postsecondary education and life- long learning are necessary for long-term career success
- **M6.** Positive attitude toward work and learning
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- **Communication:**
- **M 1.** Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- **M 2.** Self-confidence in ability to succeed
- **M 5.** Belief in using abilities to their fullest to achieve high-quality results and outcomes



A Big Plate of Potato Chips

- A Big Plate of Anger
- A Big Plate of Worry

The Mindset Connection



Wellness

- Healthy Body
- Healthy Thinking
- Healthy Expression of Feelings
- Healthy Social Circle (Healthy Friends)



Communication Styles

Aggressive

Assertive

Passive

Show me an aggressive face... an aggressive body! Grrrr!
 Be passive... look at the floor, shoulders down and say, "I don't know."
 Be assertive, shoulders back, eye contact and when you speak, mean it!
 What do we know about conflict? Conflict is NORMAL. Who has had a conflict with family or friends in the past two days? Bedtime, turning your game off, putting your phone down, sharing something, what's for dinner, which movie to watch?

Being mean and being angry are two different things!
 Sometimes you will be aggressive, other times you will be passive.


STRIVE TO BE ASSERTIVE!

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- **Career Clusters**
- Agriculture is the number one cluster in the world. More people are working in this cluster than any other. Brainstorm with your table partner list ten AG careers. Connect at least five of those with another cluster!
 - Give me a cluster get a house point.
 - Give me three in the cluster get a special lunch spot.
 - Tell me five careers and their cluster you observed this week end for a free homework pass.
 - Ten minutes extra recess if every student in class can give me a career and it's cluster, GO!



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Inspired by a Student

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Put a thought in your head

What kind of thoughts do we allow into our heads? Tomorrow morning, try this. S t r e t c h out your legs and wiggle your toes and say this aloud, “ Today I expect something wonderful!” I do this every day and every day, amazingly something wonderful happens. Some days it is an enormous something wonderful. Other days I must look very hard, because it is a tiny something wonderful, but something wonderful does happen every day. Remember you are in charge of the thoughts you allow into your head. So put a wonderful thought in your head in the morning and see what happens to your day.



Maslow

- Did you sleep well last night?
 - Have you eaten today?
 - Do you have a safe place to live?
- Do you feel safe in your neighborhood?
- Are your family and friends kind to you?
- Do you have a trusted adult to talk to?
 - Would you say you respect yourself?
 - Do you like you?
- Are you doing at least one thing today to meet your goals?
 - Do you have dreams?
- Are you getting the kind of grades you want?
 - Would you be friends with you?



I have a VOICE!

- Can you hear me? Excellent! We are going to use our voices. We are going to Speak. We are going to be heard. What we say matters!
 - Repeat after me, "I have a voice."
- Can you hear me? Excellent! Let's try again. We are going to use our voices. We are going to Speak. We are going to be heard. We are NOT going to shout. We are going to find our voice because, what we say matters!
 - Repeat after me, "I have a voice."
- Let's breathe... in through our nose out through our mouth. Again. Find your voice... We are going to be heard. What we say matters!
 - Repeat after me, "I have a voice."



How Long Would You Like to be mad?

Ask yourself... if we only get so many minutes in our life how do you want to use yours?

- So will it be ten minutes, an hour, a day or week? Perhaps you would like to be mad till June or until you are a grandpa or a grandma?
 - Grab a timer or look at a clock.
- How long would you would like to be mad.
 - How will you use your minutes?



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Values and Self Awareness

- Be Self Aware
- What do you value?
- Quick share sing, rap or use spoken word to share your answer. Share one choice/action today that did or did not demonstrate your values.
- What I do affects me and others.
- Let's breathe. Close your eyes and think of a time this week when you were super self-aware.
- Shout out share!



- Deborah Blume

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