

## Reflect on the Enrichment Mindset

All meaningful and lasting change starts with a mirror. Self-reflect first. How strong are your students' learn-to-learn skills? Use the following questions to help you grow the enrichment mindset in yourself and your students.

1. What new narrative about your students will you adopt that includes the enrichment mindset?
2. When students seem overwhelmed, how will you help them balance their cognitive load? What new strategy in part five will you use to help students develop their cognitive skills? What support process can you create to ensure successful implementation? Will you engage colleagues, send notes to yourself, or create lesson plans that include fresh strategies and narratives?
3. What higher goals can you set for your students this year (or semester), and what will you do to help them adopt a strong learning approach matched with productive study skills?

The power of engaging the growth mindset is huge. Once you begin to say, "What else can I enrich?" a whole new world of teaching opens up for you. You can measure the strength of your enrichment mindset, not just in what you say to your students but also in what you teach them. That process speaks volumes and shows your students you believe in their potential.