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**Site:** Edison High School    **Facilitator:** Kyle Wiebe    **Class:** AP Computer Science A    **Date:** 02/06/19**1. STUDY GUIDE 1**

How much do you know about resilience?

- ☐ Nothing
- ☐ Very little
- ☐ Neither little or a lot
- ☒ A lot
- ☐ Everything

How true is this statement for you:

*When I have a problem, I come up with many ways to solve it.*

- ☐ Never true
- ☐ Rarely true
- ☐ Sometimes true
- ☒ Most of the time it's true
- ☐ Always true

How true is this statement for you:

*Even when others want to quit, I know that I can find ways to solve the problem.*

- ☐ Never true

- ☐ Rarely true
- ☐ Sometimes true
- ☒ Most of the time it's true
- ☐ Always true

Do you think intelligence is a born trait?

No

Do you think creativity is a born trait?

Yes

## 2. STUDY GUIDE 2

What's true about great leaders?

- ☒ Great leaders solve problems.
- ☒ Great leaders understand the importance of failure.
- ☒ Great leaders think critically.
- ☐ Great leaders are born that way.

When you fail or do not accomplish something, how does it make you feel? How can you learn from this failure and turn this experience around to make you a better person? Lastly, why is it important to learn from failures and mistakes?

Provide examples if needed.

I get really frustrated. I want to know exactly what I did wrong so I don't make that mistake again. If I never learn, I would never do it right, but I don't always know what's right when I start.

## 3. STUDY GUIDE 3

In the studies on military academies, spelling bees, education, and companies, people advanced and went further because...

- ☐ they were smart and intelligent
- ☐ they were wealthy and rich
- ☐ they had the best ideas
- ☒ they had resilience and did not give up

What's a time in your life that you didn't give up when you could have? What did you learn from this experience and what advice would you give others if they wanted to give up on something?

When I first learned how to ride a bike, I could have easily given up. Instead, I pushed forwards, got hurt a couple times, and now, going biking every month. If you want to give up, sure, go right ahead. But if your are going to regret giving up, than you should just stay with it and push through.

#### 4. STUDY GUIDE 4

Failing happens to everyone and can sometimes be difficult to accept. What is something you've seen others fail at whether it's at home, school, or work?

One of my friends got an F on a math test.

How do you think it made them feel?

They were upset, but it was to be expected.

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From this failure, what are two things that can be learned from it?

If you are confused, ask questions, and you need to practice. Math skills wont just come to you, unless you practice.

If resilience isn't about talent and skill, what is it about?

Hard work. How much effort are you willing to give to achieve your goal?

## 5. STUDY GUIDE 5

People with a fixed mindset tend to \_\_\_\_\_ while people with a growth mindset \_\_\_\_\_.

- ☒ avoid challenges and feedback; do not
- ☐ not avoid challenges and feedback; do
- ☐ avoid challenges; avoid feedback
- ☐ not avoid feedback; do not avoid challenges

What is something you've failed at that you would like to try out or attempt again? Is there something you would do differently?

There is a game that my friends and I like to play. I am not very good, and I usually lose most of the time, but I would love to keep playing and beat them the next time we play together.

What are the consequences of always avoiding challenges and feedback?

You aren't going to learn what you're capable of. You will never improve.

People who believe that \_\_\_\_\_ are more likely to succeed in life.

- ☐ failures and mistakes are out of the person's control
- ☐ success are out of the person's control
- ☐ success is almost impossible to obtain
- ☒ failures and mistakes can be learned and changed

After this lesson, how much do you know about resilience?

- ☐ Nothing
- ☐ Very little
- ☐ Neither little or a lot

☒ A lot

☐ Everything

Did this lesson help you understand the importance of learning from failing?

Yes

How important do you think this lesson is for others to watch?

☐ Not important at all

☐ Unimportant

☐ Neither unimportant or important

☒ Important

☐ Extremely important