



New York City!
Hilton New York
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NCCEP/GEAR UP CAPACITY-BUILDING WORKSHOP

EXCEL • PROVE • MOBILIZE

SKILL-BUILDING SEMINAR:

*Promoting Noncognitive Skills Through Classroom
Guidance Curriculum*

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Understanding Your ACT Engage Results

[Note: this activity includes only 5 of the 10 Engage scales]

<u>Step 1</u>	P	<u>Step 2</u>	<u>Step 3</u>
E – Estimate your skill/attitude on each scale	A U S E	S – Mark your score from the Engage report on each scale	T – Place on your ‘true’ score after thinking about estimate score from Engage report

<u>Scale</u>	Scale Description: <u>Your Attitudes</u>	LOW	MODERATE	HIGH
Academic Discipline	<i>Amount of effort you put into school work; see yourself as hardworking at school</i>	<hr/>		
Academic Self-Confidence	<i>Your belief in your ability to excel in school</i>	<hr/>		
Commitment to College	<i>Your commitment to staying in college until you graduate</i>	<hr/>		
Social Activity	<i>Your comfort meeting and interacting with others</i>	<hr/>		
Steadiness	<i>How you respond to and manage strong feelings</i>	<hr/>		

Name:

Date:

Directions: Carol Dweck, a professor at Stanford University, has uncovered the power of our thinking (especially when facing challenges). She describes two different mindsets that people have - Fixed or Growth. To complete the activity below imagine a person with a fixed mindset and then write down what they would say to themselves or what they would do in response to each of the questions in the first column. Then imagine a person with a growth mindset and repeat the activity for that person.

	<i>Fixed Mindset</i> Intelligence and abilities are fixed at birth. Because of this they cannot be changed.	<i>Growth Mindset</i> Intelligence and abilities can change and grow. Through effort they can be changed.
<i>How does person approach challenges?</i>		
<i>What does person do when encountering an obstacle?</i>		
<i>What level of effort does person put forth on regular basis?</i>		
<i>How does person respond to criticism?</i>		
<i>What does person say when others succeed?</i>		

Optimistic Inspirations

Name:

Date:

Directions: Complete the chart below by following the example provided. You will list two people who you believe are optimistic people. Describe what makes them optimistic and provide examples of how they display each characteristic. Try to come up with unique characteristics for each person.

Name someone who you feel is optimistic.	What characteristics make them optimistic?	Give an example of this person displaying each character trait.
Jalesha, my sister	<ol style="list-style-type: none"><li data-bbox="370 548 513 579">1. Friendly<li data-bbox="370 653 537 684">2. Confident<li data-bbox="370 758 488 789">3. Happy	<ol style="list-style-type: none"><li data-bbox="727 548 1284 621">1. She is outgoing with her friends and nice to everyone on her team.<li data-bbox="727 653 1256 726">2. She's always the first person to try something new even if she doesn't do well.<li data-bbox="727 758 1247 789">3. She is in a good mood most of the time.
	<ol style="list-style-type: none"><li data-bbox="370 848 391 879">1.<li data-bbox="370 989 391 1020">2.<li data-bbox="370 1129 391 1161">3.	<ol style="list-style-type: none"><li data-bbox="727 848 748 879">1.<li data-bbox="727 989 748 1020">2.<li data-bbox="727 1129 748 1161">3.
	<ol style="list-style-type: none"><li data-bbox="370 1304 391 1335">1.<li data-bbox="370 1444 391 1476">2.<li data-bbox="370 1585 391 1617">3.	<ol style="list-style-type: none"><li data-bbox="727 1304 748 1335">1.<li data-bbox="727 1444 748 1476">2.<li data-bbox="727 1585 748 1617">3.