

# Quickstart guide: Student growth mindset



## How to use this guide

- Focus on 1 topic each week
- Create a reflection assignment on [mirrortalk.ai](https://www.mirrortalk.ai) using sample objectives (use the Prescribed format)
- Share assignment link with students
- Have students complete reflections during natural pauses in learning (after attempting challenging work, before moving to the next topics, end of class)



## Why add MirrorTalk to your classroom?

- Build students' capacity for self-reflection and metacognition
- Identify where students need SEL support or additional scaffolding
- Track growth in student confidence and persistence over time
- Create opportunities for students to celebrate their progress



## Sample objectives

	TOPIC	OBJECTIVE
		Copy this into <a href="https://www.mirrortalk.ai">mirrortalk.ai</a> in the learning objective space
1	Identifying difficulties	Students will reflect on a challenging problem they faced today and identify what made it difficult
2	Examining mistakes	Students will examine their reaction to making mistakes and how it affects their learning
3	Adjusting to difficulty	Students will analyze how their approach to difficult tasks has changed over the course of the unit
4	Strategies to persist	Students will identify specific strategies that helped them persist through challenges