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Learning and the Brain: Video 2, Part 1

The Power of Belief – Mindset and Success A Tedx Talk by Eduardo Briceno

ESL 50A/B PReed

Pre Listening: Making Predictions

Making guesses about a talk *before* you listen engages your mind and helps you to understand what you will hear. Discuss the following questions with your group and take notes.

1. Read the title of the talk. What is a 'mindset?' (Look it up if you aren't sure!)
2. What do you think the speaker will discuss?
3. Eduardo Briceno asks a question at the beginning of his talk. Listen to the first 10 seconds and write his question here:

_____?

4. Think of something (for example a school subject, a sport, a hobby, a career) that you would like to become more successful at. What do you think are the keys to become successful at this?

First Listening: Relax and just listen!

Put away pens, pencils, dictionaries, and cell phones. Listen without stopping the video. Listen with a relaxed and open mind. Don't expect to understand everything. Get used to the speaker's voice and body language. Try to listen for the speaker's main ideas.

1. What percent of the talk did you understand the first time? 10%? 30%? 60%?
2. Were any of your predictions correct? Which ones?

Second Listening: Listening for Key Words. Listen to the first 5:31 minutes of the video. It is not necessary to understand all the new words to understand a talk. It is more important to *learn to guess* the meaning of words from the context. However, if an unknown word is repeated several times it is probably a **key word** and you will need to know it's meaning to understand the main ideas. Write any unknown key words you hear below. Try to guess the meanings, ask your partners, or look up the definitions.
 (Turn on close-captioning - in English! if you need to.)

Key Word	My guess	Definition

Third Listening: Using an Anecdote to Illustrate a Main Idea.

Eduardo tells a brief story, or *anecdote* at the beginning of his talk about a man named Josh Waitzkin. Listen to the anecdote (:27-1:58) and tell your group what you understood. What did Josh Waitzkin do that is surprising? How do you think he became so successful at these things? Why do you think Eduardo began his talk with this story?

Note taking Skills: Using Abbreviations, Symbols and Short Phrases

In American Colleges and Universities, your teachers will ask you to take notes as you listen. The key to good note taking is to spend **more time listening** and **less time writing**. How do you do this? Here are three good note taking techniques:

1. Use abbreviations. Shorten words to one syllable, take out letters, especially vowels, or use initials for repeated phrases, for example:

champion → champ. international → int'l. fixed mindset → FMS
 focus → foc. achieve → achv. growth mindset → GMS

2. Use symbols. Complete the Chart. How many symbols do you know?

word	symbol	word	symbol	word	symbol	word	symbol
and	+	more than		number		man	
equal		less than		percent		woman	
not equal		increase		dollar		important	
with/ without		decrease		degree		for example	

3. Shorten and simplify: Don't use full sentences. Create short phrases with words that carry the most information, especially nouns, main verbs, adjectives, adverbs. Take out unnecessary words such as pronouns, prepositions, be-verbs, conjunctions, helping verbs. For example,

Speaker says: *Someone who has achieved great success is Josh Waitzkin, an international chess champion.*

Note taking: *J. Waitzkin – int'l chess champ*

Let's Practice: Use the 3 note taking techniques above to shorten these sentences from the Ted talk. How short can you make the sentences and still be clear?

Speaker: *When Josh Waitzkin turned twenty-one, he took on the challenge of mastering something completely new, and very different than chess – martial arts.*

My notes: _____

Speaker: *Results showed that those students with a growth mindset increased their grades over time, but those with a fixed mindset did not.*

My notes: _____

Speaker: *Kids who received the fixed mindset praise lied about their scores over three times more often than those who received the growth mindset praise.*

My notes: _____

Third Listening. Using a Comparison Chart to Take Notes. The speaker compares students who have two different mindsets. Listen from **1:58 to 5:31** and takes notes in the chart below. **Remember to use short phrases, abbreviations and symbols in your notes!**

Title of Talk & Speaker's Name:	
People with a Fixed Mindset Believe:	People with a Growth Mindset Believe:
Behavior and Study Results of Students with a Fixed Mindset:	Behavior and Study Results of Students with a Growth Mindset: