SET-UP FOR SUCCESS PILOT WORKSHOP:
HOW I STOPPED MAKING ASSUMPTIONS ABOUT
STUDENT PREPARATION AND
SHARED SCIENCE TO SUPPORT SUCCESS

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Before

- I’m trying to teach Nursing, I don’t have time to teach my students....
  - How to read
  - How to study
  - How to focus
  - How to use computers
  - .....
Inspirations

- Reading Across the Disciplines (RAD)
- Writing Across the Curriculum (WAC)
- HSI 2014- Keynote Speaker on “Mindset”
- What it Takes to Succeed (WiTTS) workshop
- TED-X Maui 2014- BJ Fogg- Tiny Surprises for Happiness and Health
- Skills for 21st Century Students article
Things do not happen. Things are made to happen. ~John F. Kennedy
NURSING PRE-ENTRY PROGRAM: SET UP FOR SUCCESS
Introduction
Getting to Know Your Classmates

1) Choose a partner that you do not know and sit close to him or her
2) Decide who will be partner A and who will be partner B
3) Partner A should pick up a pen and paper and prepare to write
4) But first move the pen to his/her non-dominant hand
5) Then write: Hello, my name is _____ (fill in the blank) and draw a picture of something fun you did over the summer (keeping the pen in your non-dominant hand)
6) Then share your writing and drawing with your partner in way of introduction
7) Then it is partner B’s turn to do the same
8) Finally, we will have each person introduce his/her partner to the class
Next Steps

- Record your experience - write down the following (not to be turned in):

  1) The names of the person/people you met and something to help you remember each of his/her names

  2) Briefly describe how you felt doing the activity
What is Mindset?

"mindset" {noun}

A set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.
What Kind of Mindset do YOU have?

- Take the quick online quiz at
  www.mindsetonline.com
  “Test Your Mindset” (on top menu bar)

- Write down your results:
  - #___ _____ mindset statements
  - #___ _____ mindset statements
What Kind of Mindset do YOU have?

- Debrief Icebreaker Exercise
Be careful how you are talking to yourself because you are listening.

~Lisa M. Hayes
The Magic of Mindset

Mindsets frame the running account that’s taking place in people’s heads.
They guide the whole interpretation process.
The fixed mindset creates an internal monologue that is focused on judging.
People with a growth mindset …are attuned to its implications for learning and constructive action.
What Kind of Mindset Do You Have?

**Growth Mindset**
- I can learn anything I want to.
- When I'm frustrated, I persevere.
- I want to challenge myself.
- When I fail, I learn.
- Tell me I try hard.
- If you succeed, I'm inspired.
- My effort and attitude determine everything.

**Fixed Mindset**
- I'm either good at it, or I'm not.
- When I'm frustrated, I give up.
- I don't like to be challenged.
- When I fail, I'm no good.
- Tell me I'm smart.
- If you succeed, I feel threatened.
- My abilities determine everything.

Created by: Reid Wilson @wayfindingpath  🌐🌐🌐  Icon from: themeproject.com
A Mindset Shift

**Fixed**
- Avoid challenges
- Give up easily
- See effort as pointless
- Ignore useful negative feedback
- Feel threatened by the success of others

**Growth**
- Embrace challenges
- Persist in the face of setbacks
- See efforts as a path to mastery
- Learn from criticism
- Feel lessons and inspiration in the successes of others.

Consider where you would place yourself currently. Now think about what you can do to release your growth mindset.
WHERE THE MAGIC HAPPENS

YOUR COMFORT ZONE
Awesome Life Tip:

If you want to learn to be comfortable being uncomfortable, then you have to get uncomfortable first. When you're in that space, simply allow yourself to feel all the feelings and physical sensations. Breathe into them and continue to take action. The feeling will pass in a matter of seconds if you allow yourself to fully lean into it.

AwesomeLifeTips.com
Coming up Next:

Ways to Improve Your Focus and Concentration
Coming Up Next:
IT Support: Get Your Computer Ready
Coming Up Next:
Introduction to Active Reading
Introduction to E-Books
Coming Up Next:
The Power of Habit
Most of the choices we make each day may feel like the products of well-considered decision making, but they’re not. They’re habits.

--Charles Duhigg
The Power of Habit
good habits are as addictive as bad habits but much more rewarding.
We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.
Practice Makes....

Permanence!!
Wrap-Up: Putting it all Together

- Skills vs. Habits
- Identification of Your Own Habits for Success

Resources:
- For more on The Power of Habit ➔ charlesduhigg.com/the-power-of-habit
- For more on Mindset ➔ mindsetonline.com
Summary

✔ Trust in the process
✔ Keep your eye on the goal
✔ Maintain a growth mindset
✔ Develop helpful/healthy habits
✔ Remember we are here to help

i’m not telling you it is going to be easy, i’m telling you it’s going to be worth it.
Questions/Concerns?
Reflection/Evaluation

Go to the N210 Laulima site-
Assignments, Tests, & Surveys:
Pre-Entry Program Evaluation
Results

Describe today’s program in 1-3 words
Results: What is the Most Important Thing You Learned?

- How to study efficiently
- How to access, navigate, annotate e-books
- Computer stuff
- How to focus
- Forming good habits
- Need to modify and strengthen study skills
- The power of mindset will take you far
- About the other students and instructors
- It will be hard but worth it
**Results**: Please rate the length of the program (4 hours/half day)

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<tr>
<td>Too short.</td>
<td>2%</td>
<td>(1)</td>
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<td>Just right.</td>
<td>79%</td>
<td>(31)</td>
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<td>Too long.</td>
<td>15%</td>
<td>(6)</td>
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**Results:** As a result of this program, my **KNOWLEDGE** has increased.

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<td>Agree</td>
<td>61%</td>
<td>(24)</td>
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<td>Undecided</td>
<td>7%</td>
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<td>Disagree</td>
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<td>Strongly Disagree</td>
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**Results**: As a result of this program, my **ATTITUDE** has changed.

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<td><strong>Agree</strong></td>
<td><strong>48%</strong></td>
<td>(19)</td>
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<td><strong>Undecided</strong></td>
<td><strong>17%</strong></td>
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<td><strong>Disagree</strong></td>
<td><strong>5%</strong></td>
<td>(2)</td>
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<td><strong>Strongly Disagree</strong></td>
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**Results:** As a result of this program, I plan to change one or more BEHAVIORS

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Follow-up Plan
Participation Prizes

Neon Smile Face Stress Balls!