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Growth Mindset

Bellringers

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Bellringers

At the beginning of every class, you will have 5 minutes to read the prompt and answer the questions that follow. You should be continuously writing until the time is up.

This is called Type 1 Writing or a “quick-write.”

It's used to stimulate your thinking and activate your background knowledge through reflecting and brainstorming.

Record your responses in a composition book or journal.

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What is growth mindset?

Having a growth mindset means more than just staying positive and being open-minded.

It's the mindset that requires you to accept negative feedback with a positive attitude, learn from experience, and come up with strategies to improve the next time.

It's believing that even if you fail at something, it's not the end... you can still succeed!

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Bellringer:

Define growth mindset in your own words. Do you think you have one, why or why not?

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Bellringer:

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." –Martin Luther King Jr.

Why is it so important to keep moving, even if you are moving slowly? What attributes do you acquire from pressing on?

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Bellringer:

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Define "optimism."

In what situations can being optimistic help you? In what ways can it hurt you?

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Bellringer:

“We find comfort among those who agree with us
and growth among those who don’t.” — Frank A.
Clark

**How do you react when you disagree with someone?
In what ways is it helpful or unhelpful to talk with
someone who has different views?**

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Bellringer:

What's it mean to be "talented"? Define "talent" in your own words. Give an example of someone who is talented. What is something you wish you were talented at?

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Bellringer:

Fixed mindset is the opposite of a growth mindset. In your own words, what does it mean to have a fixed mindset? What does it look like?

Name one time having a fixed mindset has stopped you (or someone you know) from reaching their full potential.

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Bellringer:

"Attitude is a little thing that makes a big difference."
— Winston Churchill

Define "attitude" in your own words. Do you agree that attitude makes a big difference? Explain.

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Bellringer:

Make a list of at least five good habits and five bad habits you have. What's one bad habit you can work on changing today, and how would you do it?

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Bellringer:

“If you shoot for the stars and hit the moon, it's OK. But you've got to shoot for something. A lot of people don't even shoot.” —Confucius

Explain the quote above. How do you react if things don't go according to plan? What are your goals for this year?

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Bellringer:

Define "comfort zone" in your own words.

What are some things that live in your comfort zone?
Explain why. Can you ever grow from there? What
things live outside of your comfort zone?

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Bellringer:

Who is one person who truly inspires you?
Explain. Do you think you inspire anyone?
Explain.

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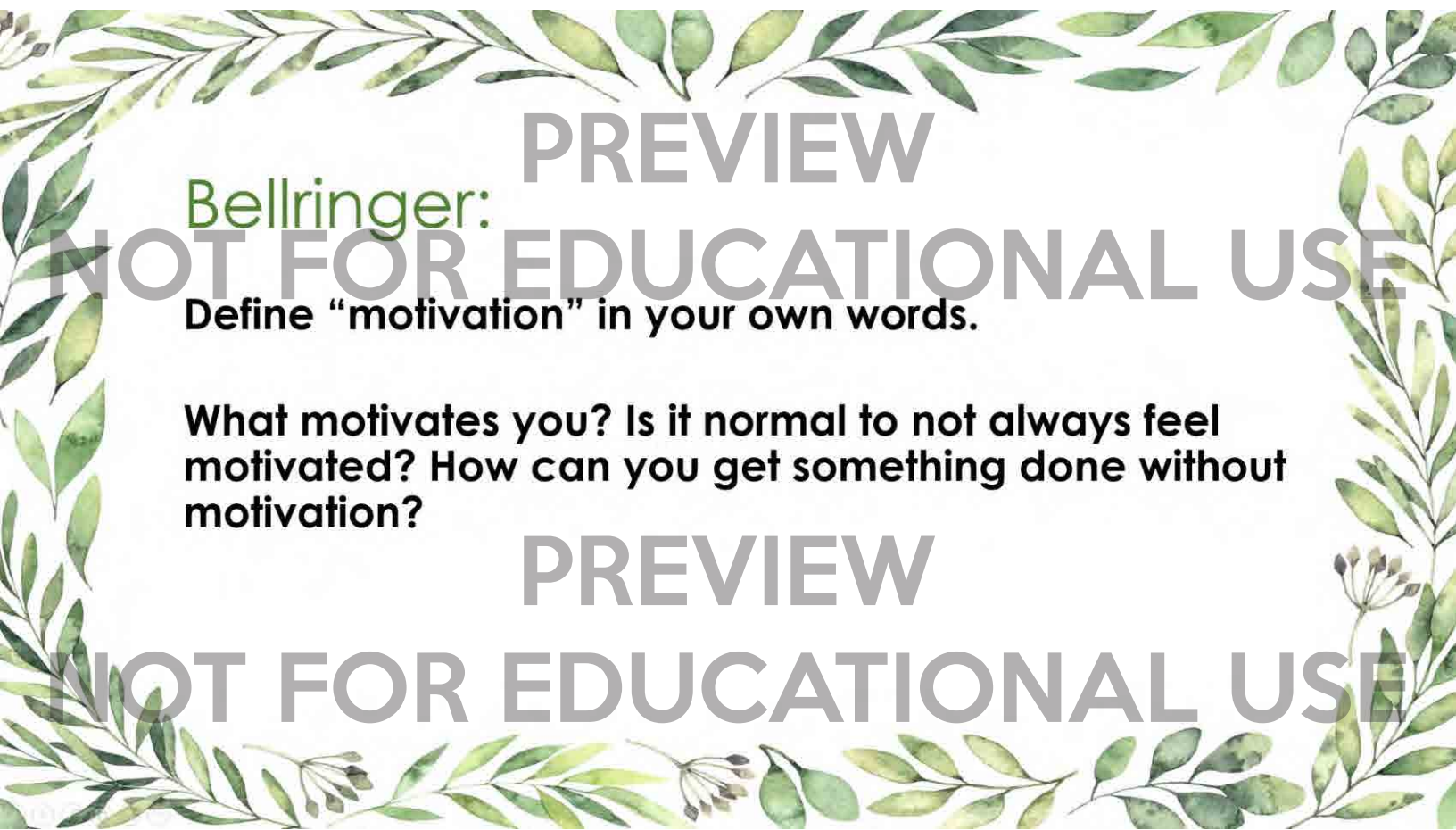
Bellringer:

"The man who moves a mountain begins by carrying away small stones." —Confucius

Explain the quote above. Do you avoid challenges or embrace challenges? Explain.

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Bellringer:

Define “motivation” in your own words.

What motivates you? Is it normal to not always feel motivated? How can you get something done without motivation?

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Bellringer:

How can you change the following example of a fixed mindset to a growth mindset?

Fixed: School assemblies are a waste of time. I'm going to scroll through my feed until it's over.

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Bellringer:

"Whether you think you can, or you think you can't...
you're right." —Henry Ford

**On a scale from 1-10, how stubborn are you? Explain.
Explain the quote above. Do you agree with Henry
Ford's statement? Explain.**

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Bellringer:

What does it mean if something happens
“instantaneously”?

Do you feel like this generation expects things to
happen instantaneously? Why might that be? How is
it harmful? How can you prevent yourself from feeling
this way?

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Bellringer:

"Improve by 1% a day, and in just 70 days, you're twice as good." —Alan Weiss

Does a little bit of work really add up to a lot? What's the danger or procrastination or stalling? Can anyone improve at anything? Explain.

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Bellringer:

What are some of your future goals? What are small and specific steps you can take to achieve those goals? List only things that are in YOUR CONTROL.

For example: I want to buy a car! To do this, I want to make at least \$5,000 this summer. I will mow 5 lawns a week and charge \$100 each. I will work for 12 weeks.

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Bellringer:

“Always do what you are afraid of doing.” —Ralph Waldo Emerson

What is something you're afraid of doing? What's the worst that can happen? Make a list of things you'd like to do that are intimidating to you.

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Bellringer:

What's the difference between confidence and bad sportsmanship? Explain.

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Bellringer:

“May your choices reflect your hopes, not your fears.” —Nelson Mandela

What choices have you made lately that reflect your goals/hopes? What fears do you have? Explain.

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Bellringer:

"The problem is not the problem. The problem is your attitude about the problem." —Captain Jack Sparrow

Changing your attitude is easier said than done. What small steps can someone take to change their attitude toward a stressful situation? When is a time that you've had a negative attitude about something, and what could you have done to change it?

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Bellringer:

"You have not failed until you quit trying." —Gordon B. Hinckley.

Is the quote above true? Do you give up easily or persist after setbacks? Give an example.

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Bellringer:

Define the word “patience” in your own words.

How is patience a valuable skill? Can someone practice patience? On a scale from 1-10, how patient are you? Explain.

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Bellringer:

"All things are difficult before they are easy."

–Thomas Fuller

Do you see effort as difficulty or opportunity? Why?
Discuss a time where you needed to use effort in order to be successful.

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Bellringer:

"In the middle of difficulty lies opportunity." —Albert Einstein

Define "opportunity" in your own words. How do opportunities happen? What opportunities do you hope to receive in the future?

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Bellringer:

Define “adversity” in your own words.

Does everyone face adversity? What types of adversity are worse or harder than others? Explain.

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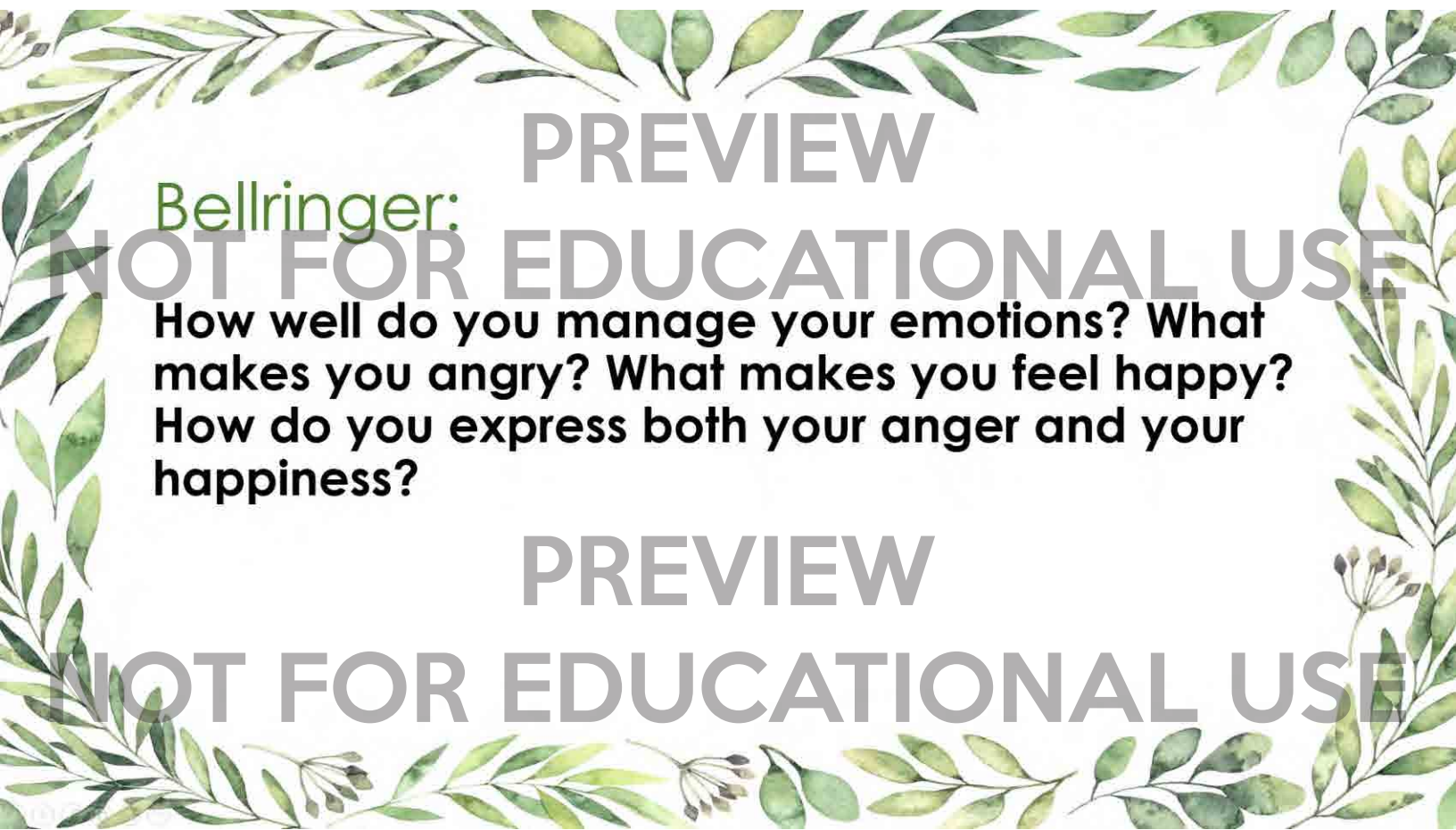
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“I am not afraid of storms for I am learning how to sail
my ship.” —Louisa May Alcott

**Explain the meaning of the quote above. Give an
example of how this quote rings true.**

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Bellringer:

How well do you manage your emotions? What makes you angry? What makes you feel happy? How do you express both your anger and your happiness?

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Bellringer:

"There's always competition in the world, but you don't have to be enemies. You can empower each other." — Justine Skye

Do you feel threatened by others' success or inspired? Explain. How are rivals helpful sometimes?

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Bellringer:

Make a list of a few of your failures. Pick one to write about. Why or how did you fail? What did you learn from it?

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Bellringer:

"Life is 10% what happens to you and 90% how you react to it." —Charles R. Swindoll

Do you ignore criticism or learn from criticism? Does criticism ever hurt your feelings? Why or why not? How can you take criticism—whether intentionally hurtful or not—and turn it into motivation?

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Bellringer:

What does it mean to be self-aware?

On a scale of 1-10, how much self-awareness do you have? Explain.

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Bellringer:
True or False...

Without struggle, there is no strength.

Explain.

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Bellringer:

"If you can find a path with no obstacles, it probably doesn't lead anywhere." —Frank A. Clark

**Explain the meaning of this quote. Do you agree?
Can you provide an example? Explain your answer.**

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Bellringer:

"Be so busy improving yourself that you have no time to criticize others." —Chetan Bhagat

Do you ever get jealous of others? What is the harm of comparing yourself to others? Do you think social media has impacted the way we compare ourselves to our peers? Explain.

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Bellringer:

“Believe you can and you’re halfway there.”
—Theodore Roosevelt

**List five of your favorite things that you like
about yourself. What are your strengths?**

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Bellringer:

“Education is not the learning of facts, but the training of the mind to think.” —Albert Einstein

Define “education” in your own words. How do you feel about school? Why? Do you think all education should be free? Explain.

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Bellringer:

Define “destiny” in your own words.

Do you believe in destiny? Why or why not?

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Bellringer:

"I am always doing what I cannot do yet, in order to learn how to do it." —Vincent Van Gogh

How are people that are willing to do new things at an advantage in life? What characteristics does it take to try new things?

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Bellringer:

"Would you like me to give you a formula for success?
It's quite simple, really. Double your rate of failure."

—Thomas J. Watson

Explain the quote above. Do you agree, why or why not?

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Bellringer:

Define “frustration” in your own words. What types of things make you frustrated? How do you deal with them?

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Bellringer:

"Challenges are what make life interesting, and overcoming them is what makes life meaningful."

—Joshua J. Marine

Would life be boring if everything were easy? Would accomplishments be rewarding if we didn't have to try? Do you agree or disagree with the quote above? Explain.

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Bellringer:

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young." —Henry Ford

What age would you give your soul? How close is it to your actual age? Explain. Do you agree with the quote above? Explain.

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Bellringer:

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"It's always too soon to quit." —Norman Vincent Peale

Is it ever OK to quit? Explain. What's the difference between quitting and stopping? What connotations are attached to the word "quitter"?

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Bellringer:

"Make sure your worst enemy doesn't live between your own two ears." —Laird Hamilton

Explain the quote above. Do you ever feel like you are your own worst enemy? Explain.

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Bellringer:

"Scientists have proven that it's impossible to long-jump 30 feet, but I don't listen to that kind of talk. Thoughts like that have a way of sinking into your feet." —Carl Lewis

How seriously do you listen to others' opinions? Whose opinions should you trust, and whose should you take with a grain of salt? Are people just trying to help with this type of practical advice or are they trying to hinder your success?

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Bellringer:

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Define “potential” in your own words.

Does everyone have potential? Can you lose potential if you don’t use it? Explain.

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Bellringer: PREVIEW

"I can accept failure, everyone fails at something. But I cannot accept not trying." —Michael Jordan

Michael Jordan did not make his varsity basketball team in high school; as a result, teenage Michael locked himself in his room and cried. Obviously, he decided he would work harder in order to be better and is now a basketball legend.

How do you think this heartbreak impacted his decision to keep going? Do you blame him for reacting as he did when he was upset? Can you relate to Michael's story at all? Explain.

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Bellringer:

“Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.” —Arnold Schwarzenegger

Name 3 negative things you should stop saying to yourself. What should you be saying instead?

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Bellringer:

Can you ever be overly confident in something? Explain. Is it better to be over-confident or under-confident? Why?

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Bellringer:

"Just because something feels scary doesn't mean you shouldn't do it. Fear does not equal danger." —Amy Morin

Imagine how you will feel when you overcome something that is really scary. Describe that feeling. If you were to compare yourself to an animal, what animal would you be? Explain.

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Bellringer:

"A truly strong person does not need the approval of others any more than a lion needs the approval of sheep." —Vernon Howard

Who do you seek approval from? Peers, teachers, parents? How can you stop concentrating so much on the approval of others? When you prioritize approval over learning, you sacrifice your own potential for growth... true or false? Explain.

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Bellringer:

“Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.” — Ralph Waldo Emerson

What does the quote above mean to you? How can you see your mistakes as experiments? What has been your favorite “experiment” in life so far?

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Bellringer:

What does it mean to be a “good learner”?

What qualities does one need to have? What type of learner are you? Explain.

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Bellringer:

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do." —Mark Twain

**What is one thing that occupied your mind today?
What can you do to stop letting it take over your
emotions? What are some of your short-term goals
(the next 2 weeks)?**

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Bellringer:

Define “obstacle” in your own words.

What are some obstacles you have had to face in your life? How did you overcome them? What’s the difference between a challenge and an obstacle?

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Bellringer:

"The greatest mistake you can make in life is continually fearing that you'll make one." — Elbert Hubbard

How do mistakes help you? How do they hurt you? Do the benefits outweigh the risk? Explain.

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Bellringer:

“You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see the plan through to the end.” —Sidney Friedman

What keeps you up at night? Write down the words you can use to get rid of those fears, for example, “you don’t exist”, “go away”, etc.

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Bellringer:

How do you feel when a teacher calls on you for an answer and your hand isn't raised? Explain. What might that teacher be trying to do? Is it helpful, why or why not?

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Bellringer:

"Success is the ability to go from failure to failure without losing your enthusiasm."

—Winston Churchill

How much are you concerned with the end result over the process (the 100%, the gold star, the W)?
How can you value the process over the end result?
Why is it so hard to stay positive after failing?

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Bellringer:

“Knowing what is and knowing what can be are not the same thing.” —Ellen Langer

Explain the quote above. Is it a bad thing to be considered a “dreamer?” Explain.

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Bellringer:

What makes a sore winner and what makes a sore loser? How are these qualities toxic?

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Bellringer:

"Treat a man as he is and he will remain as he is.
Treat a man as he could be and he will become
what he should be." –J. W. Goethe.

**Explain the quote above. Do you agree? What are
the benefits of having high expectations?**

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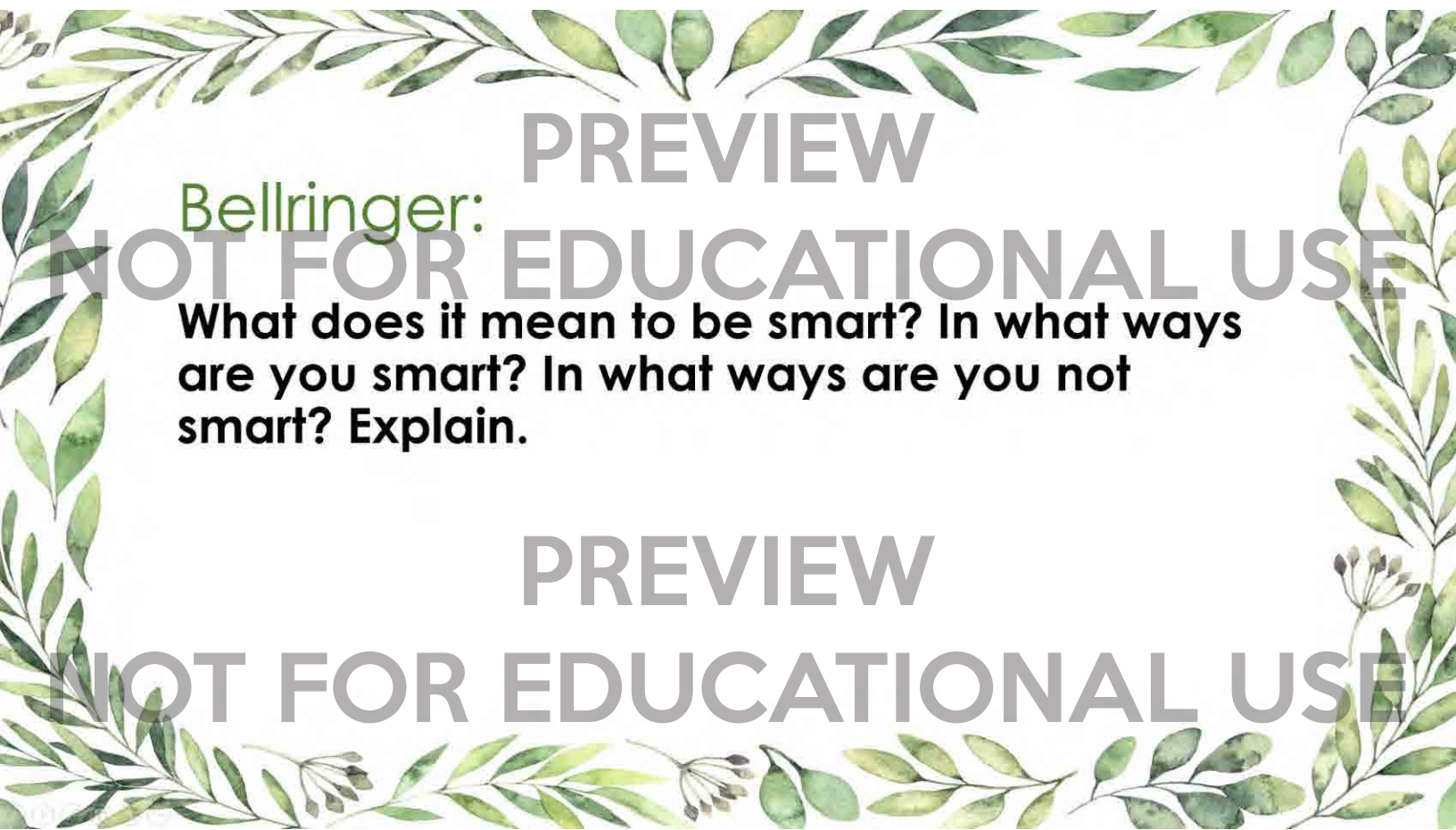
Bellringer:

"The problem human beings face is not that we aim too high and fail, but that we aim too low and succeed." —Michelangelo

When is a time you have aimed too low? Why and how did you aim low? Do you agree with the quote above? Why might it be harmful to always aim low?

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Bellringer:

What does it mean to be smart? In what ways are you smart? In what ways are you not smart? Explain.

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Bellringer:

"Vision is not enough; it must be combined with venture. It is not enough to stare up the steps; we must step up the stairs." –Vaclav Havel

What does "venture" mean? Write down the things you should stop doing that drain your energy. Do actions always speak louder than words? Explain.

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Bellringer: PREVIEW

Do the people you associate with (friends, acquaintances) reflect your goals and values? What do you do when you realize the people you hang out with are not helping you become the person you want to be? Can you be friends with someone who doesn't help you grow?

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Bellringer:

"The very best thing you can do for the whole world is to make the most of yourself."
—Wallace Wattles.

Do you make good use of yourself? What about the people or resources around you? Explain. How does someone make the “most of themselves”?

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Bellringer:

"I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match."

–Mia Hamm

If you can spend the weekend building something, what would you build? Why?

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Bellringer:

“What you get by reaching your destination isn't nearly as important as what you become by reaching that destination.” —Unknown

No one becomes great on their own. We all need support from others. Who are the people that would help you when you are in trouble? How do they help?

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Bellringer:

"The more difficult the victory, the greater the happiness in winning." –Pele

What is the meaning of the quote above? Do you agree? Explain.

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Bellringer:

"Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be." —Charles Jones

Do you think everyone should get their heart broken at least once in their life? (doesn't necessarily mean getting hurt from a romantic relationship) Why or why not? What are the advantages and disadvantages?

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Bellringer:

“History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.” —B. C. Forbes

Have you ever felt completely discouraged? Is the effort today worth the reward tomorrow? How do you get back on your feet after feeling discouraged?

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Bellringer:

How can you change the following example of a fixed mindset to a growth mindset?

Fixed: This teacher won't stop bothering me about my late work. I wish they'd leave me alone.

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Bellringer:

“You have to apply yourself each day to becoming a little better. By becoming a little better each and every day, over a period of time, you will become a lot better.”
—John Wooden

What motivated you to come to school today? How can the decision to come to school today positively impact your future or tomorrow?

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Bellringer:

Describe your ideal school culture. What type of environment do you feel inspires you the most? How do you learn best?

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Bellringer:

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"Even if you are on the right track, you will get run over if you just sit there!" –Will Rogers

Explain the quote above. What does it mean to you? Do you ever feel like you are just going through the motions? Explain.

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Bellringer:

Define “gratitude” in your own words.

What are three things that you are grateful for? Do you ever take advantage of the things you are grateful for? Explain.

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Bellringer:

Did you know Milton Hershey—founder of Hershey's Chocolate—went bankrupt twice before becoming successful? After years of failure, Milton Hershey built a business empire as the world's first mass producer of chocolate bars.

How do you define success? How do you know when you've performed well? Why do you think Milton Hershey kept trying different recipes until he was finally successful?

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Bellringer:

Sometimes what's best for you is not what's best for others. Why is that? Give an example of this situation as it pertains to you.

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Bellringer:

Define “distractions” in your own words.
What are distractions for you? How do you
deal with them?

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Bellringer:

“The measure of success is not whether you have a tough problem to deal with, but whether it’s the same problem you had last year.” —John Foster Dulles

Explain the meaning of the quote above. Do you agree with the quote above? Explain.

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Bellringer:

“The people who are crazy enough to think they can change the world are the ones who do.” —Steve Jobs

Is it really “crazy” to think that you can change the world? In what ways can you change the world right now? Why are these people considered “crazy”?

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Bellringer: PREVIEW

“Success is not an accident, success is a choice.”
—Stephen Curry

If success is a choice, why wouldn't everyone just choose to succeed? Explain the quote above. For what reasons would someone choose failure?

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Bellringer:

"Hard work beats talent when talent doesn't work hard." —Unknown

Explain the quote above. Is it true? Provide a situation where hard work really paid off.

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Bellringer: PREVIEW

"Test scores and measures of achievement tell you where a student is, but they don't tell you where a student could end up." —Carol Dweck

Do you ever feel like your grades don't match your intelligence or your potential? Why or why not? How should students be graded if not by test scores?

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Bellringer:

"The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny." —Albert Ellis

Do you agree with the quote above? Do you believe that the world consists of predetermined events or do you believe we have control in the decisions we make? Can you change the outcomes of your own life?

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Bellringer:

"The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year." —John Foster

What is the meaning of the quote above? Do you agree? Explain.

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Bellringer:

Growing emotionally can require difficult conversations. Sometimes we don't enjoy saying things that we should say.

Who is someone you can THANK today? Why?

Who is someone you can APOLOGIZE to today? Why?

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Bellringer:

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"Certainty is a cruel mindset. It hardens our minds against possibility." —Ellen Langer

What is the meaning of the quote above? Do you agree? Explain.

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Bellringer:

"I don't divide the world into the weak and the strong, or the successes and the failures, those who make it or those who don't. I divide the world into learners and non-learners." — Benjamin Barber

What defines a non-learner and a learner? What category do you fall under? What's the difference between being a learner and being obedient?

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Bellringer:

What is an inner voice?

Give your inner voice a name and personality.
What is your relationship with your inner voice?
Do you like your inner voice, or do you want
them to change?

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Bellringer:

"There are three musts that hold us back: I must do well. You must treat me well. And the world must be easy" —Albert Ellis

Do you agree with the quote above? What do you believe are the three "musts" that people should follow to be successful?

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Bellringer:

PREVIEW

“I don't love studying. I hate studying. I like learning.
Learning is beautiful.” – Natalie Portman

**What is the difference between studying and
learning? Do you like studying, learning, both, or
neither? Explain.**

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Bellringer:

When was the last time you were intentionally kind to someone? What was their reaction and how did it make you feel?

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Bellringer:

“We like to think of our champions and idols as superheroes who were born different from us. We don’t like to think of them as relatively ordinary people who made themselves extraordinary.” –Carol S. Dweck

If you could be a superhero, what would your superpowers be? What can you do to make the world a better place with those powers?

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Bellringer:

How is my physical health impacting my emotional health? What can I do to do better?

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Bellringer:

“Don’t just read the easy stuff. You may be entertained by it, but you will never grow from it.” –Jim Rohn

How often do you pick easy over hard? Why? Is being entertained important too? What happens if you never challenge yourself? Explain.

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Bellringer:

"If you quit once it becomes a habit. Don't quit."
—Michael Jordan

Do you agree with the quote above? Why might it be easier to give up on something if you've already quit in the past? Is the opposite true: can persevering become a habit too?

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Bellringer:

How can you change the following example of a fixed mindset to a growth mindset?

Fixed: I've never been good at science, so I'm probably not going to do well in chemistry.

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Bellringer: PREVIEW

“Work hard now. Don’t wait. If you work hard enough, you’ll be given what you deserve.” —Shaquille O’Neal

True or False? Sometimes even when you work hard, you don’t get the credit.

Explain.

Are there any jobs or experiences that are thankless?

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Bellringer:

“In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing.” –Theodore Roosevelt

What does it mean to be a “bystander”? Have you ever stood by and done nothing? Did you regret it? What is the danger of being a bystander? Why are there so many bystanders in life?

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Bellringer:

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In 2000, Barack Obama ran for congress and suffered an embarrassing loss to Bobby Rush. He did not give up. Four years later, Obama won a seat in the U.S. Senate and eight years later, he became the President of the United States. Obama said, "That was a stage when I was really questioning whether I should continue in politics."

Why do you think President Obama decided to run again? Why did he not change professions like he thought he should? Do you think he is glad he didn't give up? Explain.

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Bellringer:

"Before you act, listen. Before you react, think. Before you spend, earn. Before you criticize, wait. Before you pray, forgive. Before you quit, try." –Ernest Hemingway

What does the quote above mean to you? How can you implement some of this advice into your own life? Explain.

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Bellringer:

"Just because you haven't found your talent yet doesn't mean you don't have one." — Kermit the Frog

What are you talented at? Have you found it? Do you have more talents to be discovered yet? What can you do to figure it out? Explain.

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Bellringer:

"I have not failed. I've just found 10,000 ways that won't work." –Thomas Edison

How can you celebrate your failures? What can you do to recover from a failure even when you feel really low?

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Bellringer:

“The secret of getting ahead is getting started.”

–Mark Twain

What does it mean to “procrastinate?” Do you procrastinate? When do you procrastinate? All the time? Certain assignments? Is it dangerous or stressful? Does it always work out? Explain.

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Bellringer:

“Yesterday is history. Tomorrow is a mystery. Today is a gift. That’s why we call it ‘The Present.’” –Eleanor Roosevelt

What is something that is presently true, that you would have never imagined 5 years ago could be...?

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Bellringer:

"I think it's possible for ordinary people to choose to be extraordinary." –Elon Musk

**How would you define "genius" in your own words?
Are you born a genius or does it require work? Do you
know anyone who is a genius in your eyes? What
habits do they have?**

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Bellringer:

“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed no hope at all.” —Dale Carnegie

How important is hope when striving for success? Is hoping for the best the smartest plan? When is it necessary to have hope?

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Bellringer:

“The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.” –Brian Herbert

Explain the quote above. Do you agree or disagree that the capacity to learn is a gift? Why or why not? Do you have the capacity, the ability, and the willingness to learn?

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Bellringer:

“Nothing is IMPOSSIBLE. THE WORD ITSELF SAYS I’M POSSIBLE!” —Audrey Hepburn

Do you agree that anything is possible? What is the BIGGEST dream you have? What obstacles are standing in your way?

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Bellringer:

How do you think others perceive you?
How do their opinions matter? How much
should you be concerned with what
others think?

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Bellringer:

"It's not that I'm so smart. It's just that I stay with problems longer." —Albert Einstein

How long do you work on a problem before you give up? Do you see it through 100% of the time? Are there some problems that can't be solved? Explain.

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Bellringer:

Define “enthusiasm” in your own words. Who is someone you know that has enthusiasm for something? Does it make a difference if your teacher, partner, or coach has enthusiasm? Explain.

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Bellringer:

“Look for the good in every situation, seek the valuable lesson in every setback, look for the solution to every problem. Think and talk continually about your goals.”
—Brian Tracy

**Why is it so important to continually set new goals?
Why can't you just stop after reaching one goal? What
are some of your old goals that you have either
reached or changed?**

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