

Preparing for CBD Residency – It’s About Mindset!

Workshop Preparation / Materials Needed for IN-PERSON DELIVERY:

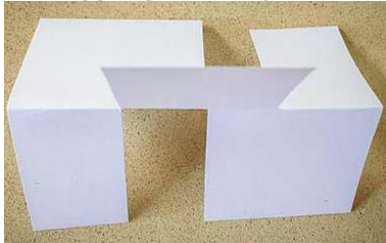
1. Facilitators – ideally 1 person for every 6-8 participants
2. Slide deck, lesson plan
3. Card Stock – any size (1 sheet per person)
4. Scissors (enough for 1 pair for every 2-3 people)
5. Printouts of Mindset Quiz (1 per person)

Workshop Preparation / Materials Needed for VIRTUAL DELIVERY:

1. Access to video conferencing platform that has the ability to create breakout rooms (i.e. Zoom). Depending on the platform, you might want to recommend that participation be on a computer to ensure full technological capabilities.
2. Card Stock – request participants obtain this prior to the workshop in virtual invite
3. Scissors – request participants obtain this prior to the workshop in virtual invite

Note: See [How to Teach Virtually](#) for some tips and tricks, as well as a comparison of several popular video conferencing platforms.

Time	Activity	Slides	Notes
(0 mins)	Information Slide on Workshop	1	
(10 mins)	Opening Introduction Objectives Growth Mindset Quiz	2 - 3	Set-up - Growth mindset quiz handout already on tables (VIRTUAL: Share growth mindset quiz file once everyone has logged into the virtual session) Activity - Ask residents to complete the quiz individually (VIRTUAL: Residents could signal by physically raising their hand or using a raise hand tool in the platform when finished) - Note: If residents ask – the answer key will be available later in the session. In the

			meantime, ask them to put their quiz aside
(15 mins)	<p>“Struggling” Activity</p>  <p>Instructions: delegates tasked with recreating structure, can look, but not touch structure; okay to discuss, but if figure out answer, please keep to yourself.</p>	4 - 5	<ul style="list-style-type: none"> - Set up this activity while residents complete quiz - Scissors and paper placed on tables - Example structure placed on tables - Introduce activity and explain instructions - Walk around and (anonymously) write down comments made by residents (VIRTUAL: Observe from within breakout groups)
(15 mins)	<p>Debrief “Struggling” Activity</p> <p>Share quotes collected during activity (slide 6) Full Group Discussion (slide 7) Small Groups (slide 8) Full Group (slide 9) Structure demonstration video (slide 10)</p>	6 - 10	<ul style="list-style-type: none"> - Debrief personal reactions to struggling - Ask delegates to reflect on comments on power point slide within small groups (VIRTUAL: Option of full group vs. breakout groups could be used) - Discuss how the mindsets reflected in the quotes would fare during CBD residency training program - Play video showing how to create the structure OR if someone at each table have them “coach” the group
(15 mins)	<p>Introduction to Growth Mindset</p> <ul style="list-style-type: none"> - Brief introduction to growth mindset - Video (see link below) - Remarks about relevance of growth mindset to CBD 	11 - 14	<ul style="list-style-type: none"> - Introduce concept of growth mindset - Play video (NOTE: the video is 8 minutes long, so you might decide to break once or twice to ask some questions. VIRTUAL: Ask participants to answer in chat or create polls with relevant questions) - Discuss relevance of growth mindset to CBD residency training as large group
(10 mins)	<p>Growth Mindset Quiz Take-up</p>	15	<ul style="list-style-type: none"> - Scoring system for quiz on power point slide; delegates score



			<ul style="list-style-type: none">- Emphasize results intended for reflection about personal mindset- Talk about the continuum of mindset, and how it can change overtime
(10 mins)	Wrap-up / Questions	16 - 18	<ul style="list-style-type: none">- Revisit objectives- Share twitter quotes- Invite questions, comments and feedback- Ask participants to complete evaluation survey

Video 1: Growth Mindset Activity (How to Build a Structure) Growth Mindset Activity (slide 10)
(<https://www.youtube.com/watch?v=gQScYOXyh34>)

Video 2: Growth Mindset Introduction: What it is, How it Works, and Why it Matters (slide 12)
(<https://www.youtube.com/watch?v=75GFzikhRY0>)