

Growth Mindset & Learner Support

Wednesday, January 18, 2023



McGill

Student
Services

Student Accessibility
and Achievement

Julia Adams - Whittaker Learner Support Specialist (registered students)

Jacqueline Biddle Learner Support Specialist (non-registered students)

Webinar Agenda

WHO DO WE SERVE AND WHAT DO WE DO?

GROWTH VS. FIXED MINDSET

WEBINAR TOPICS

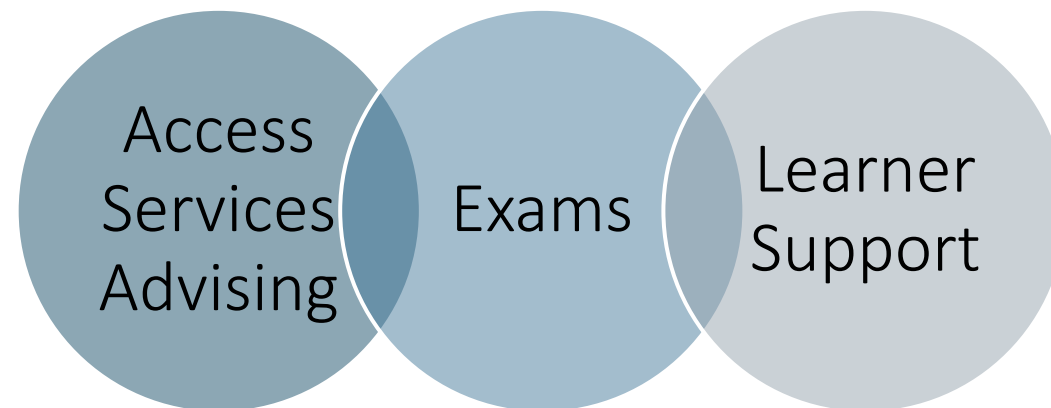
CLOSING ACTIVITY

QUESTION PERIOD

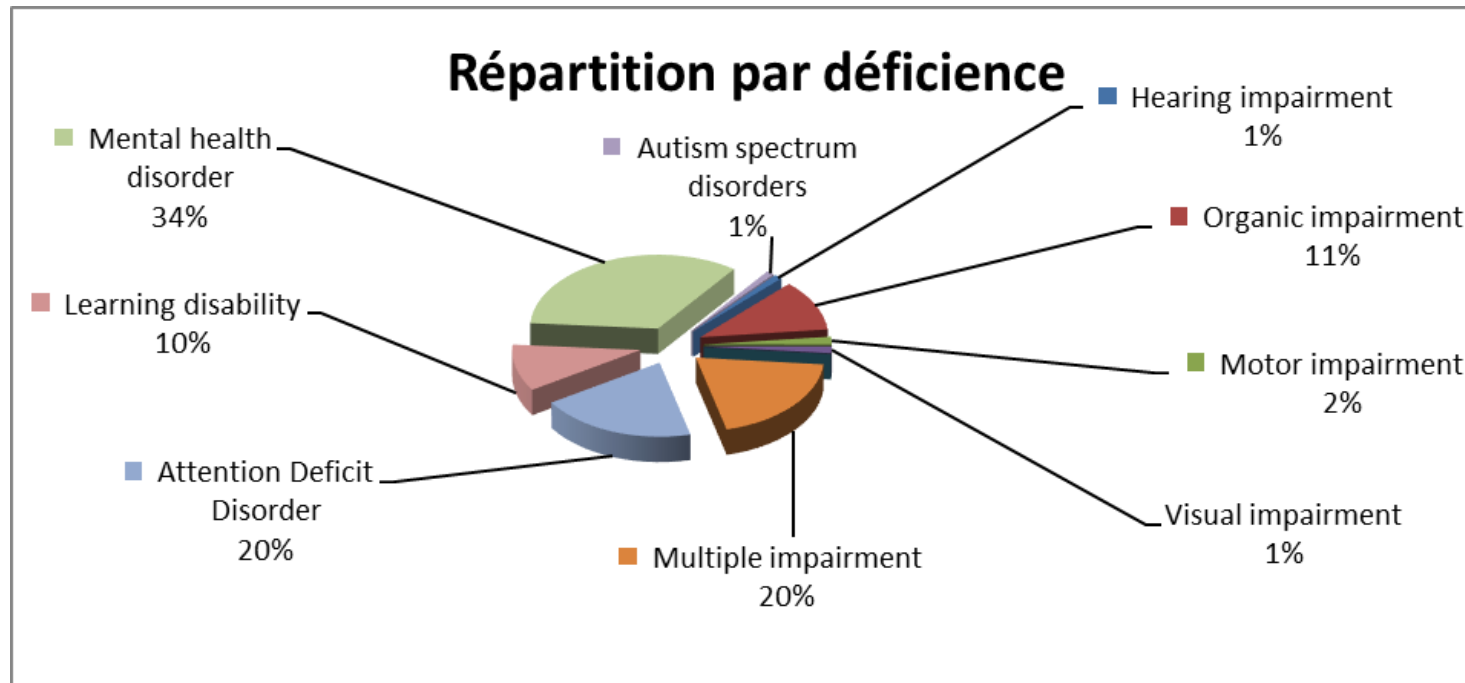
Our Services

Student Accessibility and Achievement helps McGill's diverse student body **achieve their academic goals** and **overcome barriers** by providing not only **academic accommodations** for students with documented disabilities but also **additional learner support** for students facing barriers in university.

Academic accommodations are available for students with documented disabilities that may be **permanent, temporary, or episodic**. Our other **resources and programs supporting academic achievement are available to all McGill students**, from on-demand resources and webinars and a tutor-matching program, to targeted programming focused on teaching academic strategies.



Student Accessibility and Achievement



Services Offered: Registered Students

Academic accommodations are offered to students who are registered with us based on their **BARRIERS** and may include:



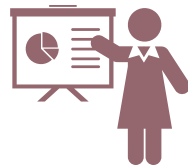
Individualized
Case Support



Note Sharing



Exam
Accommodations



Learning Support



Assistive
Technology



Alternate Text

How do you Book an Appointment?



Dropping by the
Front Desk

OR



Calling us at
514-398-6009

OR



Email
access.achieve@mcgill.ca or
through online portal: [Clockwork](#)



In-person

OR



Online

What are the Types of Appointments Available?



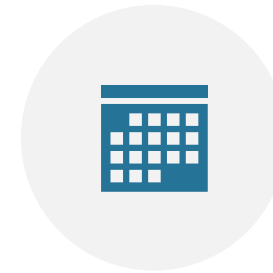
INFO SESSIONS (NOT REGISTERED W/OUR SERVICES)



REGISTRATION



DROP- IN (REGISTERED W/OUR SERVICES)



RETURNING STUDENT (REGISTERED W/ OUR SERVICES)

What Should you Bring to a Registration Appointment?

Documentation:

- From a licensed health care professional (Family doctor, Psychiatrist, Psychologist, etc.)
 - Including their signature and license number
- Ideally the Student Accessibility and Achievement referral form
 - Includes a **diagnosis**
 - Explains how the diagnosis impacts you academically



Please note that medical documentation is not a **pre-requisite** to make an appointment with an access advisor but is required for registration.

Services Offered Online: All Students

Learner Support resources and programming can be accessed by **ALL** students



Peer Programming



Note-Taking



Time Management



Tutor Matching Program



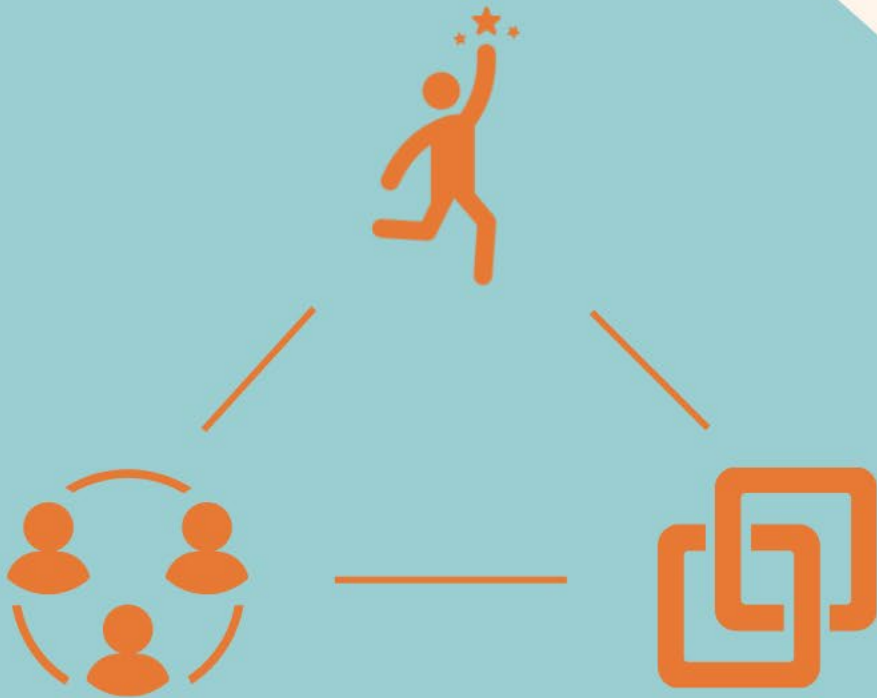
Learner Support Webinars



On-Demand Resources

LEARNER SUPPORT

PROGRAMS





PEER- ASSISTED LEARNING

Peer Assisted Learning (PALs)

- Course specific group review session
- Scaling up from 5 --> 11 courses in Winter 2023
- Weekly sessions lead by a student who Has obtained an **A-** in the course and has a **CGPA of 3.2**
- Self-reflective learning and Habits of Mind
- Subject specific learning and study skills





PEER MENTORING



- ❖ Volunteer Peer **Mentor** matched with a student **Mentee**.



- ❖ Weekly check-ins that are guided by **goals**.



- ❖ Opportunity to learn from a fellow student who is trained in learning support, **active listening** and has valuable campus life experience.



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Student Services | Student Accessibility and Achievement



Learning Support



Thrive Themes



- 10-Week, CCR certified program
- Connect with peers and build a *Community of Care*
- **Learning Support:** Note-taking, Time Management, Exam Preparation
- **Thrive Themes:** Motivation, Grit, Balance & Self Check-ins

What is a *Growth Mindset* ?



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Activity: Shift your language



Fixed Mindset:

"I'm really bad at this."

Growth Mindset:

"I can do better by asking for help and believing in myself."

Fixed Mindset:

"I am afraid I'll make a fool of myself."

Growth Mindset:

"I have grit and I don't quit."

Fixed Mindset:

"I am going to fail this course."

Growth Mindset:

"I want to try and not give up."

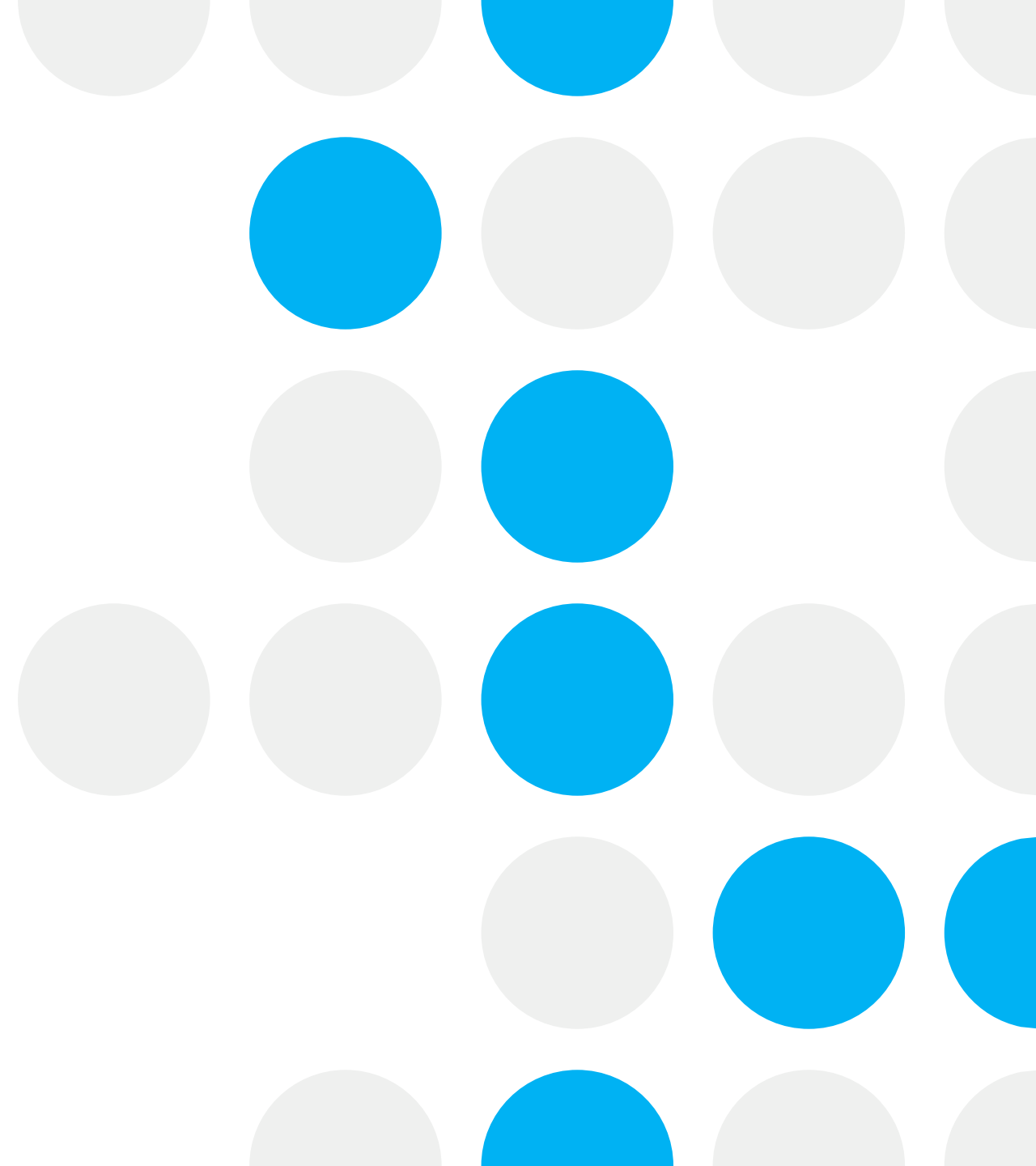
Fixed Mindset:

A decorative graphic for the Growth Mindset section. It features a square with a gold border, tilted slightly. The background of the square is a vertical gradient from light pink at the top to light blue at the bottom. Green leafy branches are placed in the top-left and bottom-right corners of the square.

**Growth
Mindset:**

Webinars

1. Time Management: Your Best Ally
 2. Concentration and Focus
 3. Learning and Memory
 4. Note-Taking Strategies Made Easy
 5. The Art of Taking Exams
-



Time Management: Your Best Ally

- 3 Levels of Scheduling
 - Semester
 - Weekly
 - Daily To-Do
 - Prioritizing tasks
 - Time management Apps
-

Concentration and Focus

- Stress and its effect on concentration
 - How to increase or decrease stress as needed
- Designated Study Areas
 - Office
 - Desk in a Bag
- Managing Distractions
- Breaking down tasks
- 2-hour study block
- Concentration and Focus Apps

Learning and Memory

- Relationship between learning and memory
- Retrieval practices
- Forgetting curve
- Desirable difficulties
- Study Cycle
- Massed Practice - Cramming

Note-Taking Strategies Made Easy

- Good note-taking habits
 - Different note-taking systems
 - Taking notes from academic readings
 - SQ5R Method
-

The Art of Taking Exams

Before exams

- Study schedules
- Self-testing
- Self-care

Day of exam

- Review
- Relax
- Execute

After exams

- Reward – do something you enjoy
- Review
- Reflect

Test taking strategies inventory

Activity

Ongoing List:

- Review ANTH Lecture 1
- SOCI paper (2 weeks – 25%)
- Research for SOCI Paper
- Psych Assign (tomorrow – 5%)
- Psych Reading 1 (tomorrow)
- Psych Reading 2 (tomorrow)
- ANTH oral (1 week – 10%)
- BIOL quiz (2 days -1 %)
- Review BIOL Lecture
- BIOL Chap 3 (2 days)
- SOCI Reading 1 (3 days)
- SOCI Reading 2 (3 days)
- _____

Based on this example ongoing to-do list, what would you choose for your to-do list TODAY?

	Urgent (Due Date Soon)	Not Urgent (Due Date Later)
Important (High %)	1	3
Not Important (Low %)	2	4



HABITS OF MIND

Growth-Boosting

Taking responsible risks

- “Try something new”
- “Try a different way”

Thinking about your thinking

- “I am not my feelings”
- “My feeling of disappointment is temporary”

Self-Limiting

Avoiding failure & conflict

- “I can’t”
- “There’s no point”
- “Why bother?”

Victimizing

- “Why me?”
- “This always happens to me”

4 Steps to growing a HABIT

*As you take these steps, your habit will take root and **thrive**.*

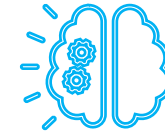


1. Start **small. Very small**



Put a positive spin on your habit

2. Find a **spot in your daily routine** for the behavior



Use cues (prompts)

3. Be **committed** to the behavior



Why are you doing this habit?
What deeper reason is there?

4. **Nurture** your behavior so it gets **rooted** in your daily routine



Celebrate immediately
Be Patient & Consistent

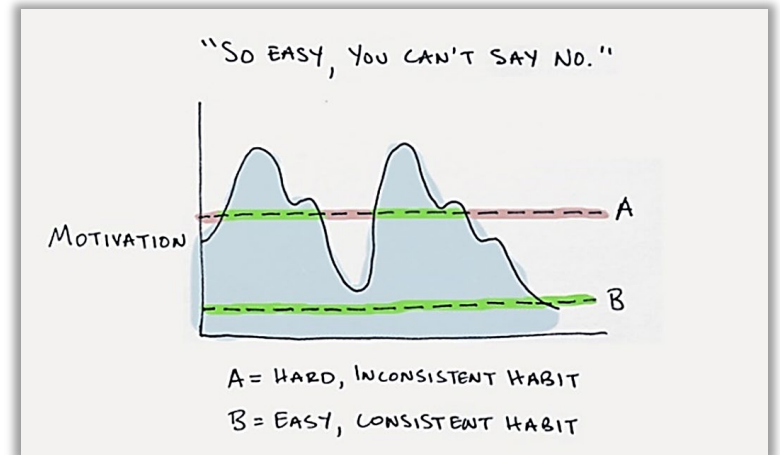
Why start small?

- Motivation is **variable** (think of New Year's Resolutions)
- Design your habit **as if your motivation will always be low.**

“For example, let’s say somebody wires in the habit of taking three calming breaths [...] Once they feel successful doing that habit, what they will find is they start taking those three calming breaths at other parts of their life, even without designing an explicit habit for it. It generalizes.”

“What you don’t do is raise the bar on yourself (I have to do five more, then one minute of meditation, then ten minutes). That’s setting yourself up to fail.”

(Cited & adapted from BJ Fogg, [source](#))



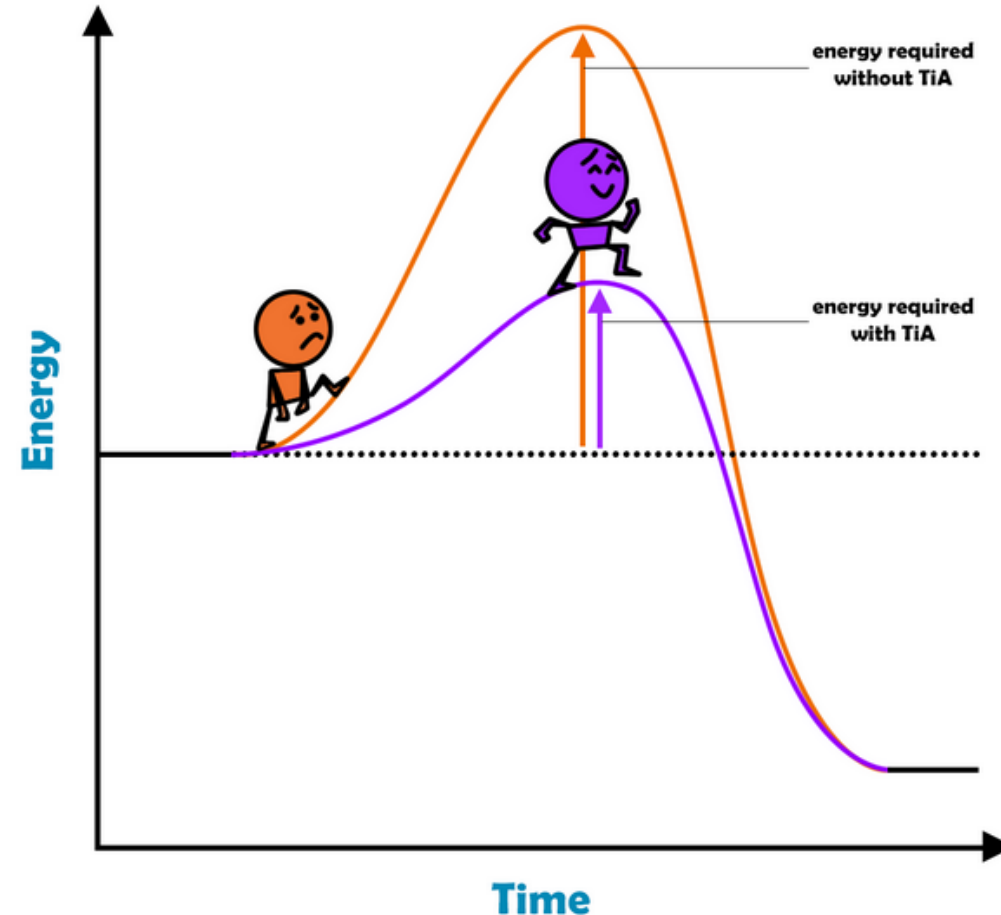
James Clear, [source](#)

What is the most ridiculously small version of your habit?

What is TiA?

- **Why TiA?**
- Connect with peers
- Acquire learning support
- Take hold of your well being
- Learn to thrive
- Earn CCR Recognition

Life vs. Life with TiA



Thank you !

Any questions ?

