Lesson Plan

# 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](http://www.royalcollege.ca/rcsite/documents/canmeds/rc-virtual-teaching-e.pdf) for some tips and tricks, as well as a comparison of several popular video conferencing platforms.

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| 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) | **“Struggling” Activity**  Image of the paper structure participants are asked to build as part of the workshop.  **Instructions:** delegates tasked with recreating structure, can look, but not touch structure; okay to discuss, but if figure out answer, please keep to yourself. | 4 - 5 | - 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) | **Debrief “Struggling” Activity**  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) | 6 - 10 | - 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) | **Introduction to Growth Mindset**  - Brief introduction to growth mindset  - Video (see link below)  - Remarks about relevance of growth mindset to CBD | 11 - 14 | - 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) | **Growth Mindset Quiz Take-up** | 15 | - Scoring system for quiz on power point slide; delegates score  - 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 | - 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=75GFzikmRY0>)