

Countering the Self-Limiting Mindset to Empower Students (ESOL)

PRESENTER: LINDSAY LITTLE

Who's in the room?

Breakout Rooms (5 minutes):

1. What do you do at MC and how did you end up at MC?
2. What is one thing you've done (in life) that has surprised you?



Share

What are some words or ideas that come to mind when you hear "self-limiting" or "lack mindset?"

Please unmute yourself and share your thoughts or type them in the chat.

A Suggested Definition

A self-limiting belief is a story we tell ourselves that deters us from doing something we might otherwise do.

This thing we might otherwise do could be pursuing a dream, goal, or overcoming an obstacle. And it could be great or small.

What Do Students Say?

**What self-limiting beliefs
have you heard in the classroom?**

*Please unmute yourself and share your thoughts
or type them in the chat.*



"I **need to** speak English like a native speaker."

"I **can't** speak English well."

"My English is **bad**."

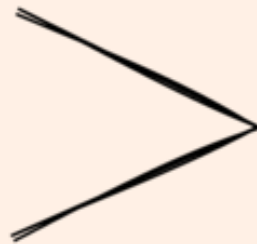
Thoughts > Beliefs > Mindset > Reality

“According to the National Science Foundation, our brains can produce as many as 50,000 thoughts per day. Ninety-five percent of these thoughts are repeated daily. **You decide how you think and what becomes a can or can’t.** Your thoughts become your beliefs which, in turn, become your mindset. Your mindset fuels your actions, which create your reality.”

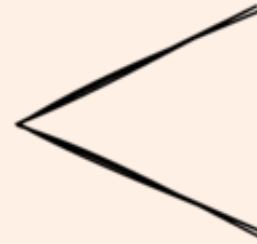
- Alissa Finerman, Executive Coach and Gallup Certified Strengths Coach

Case Study: Jane

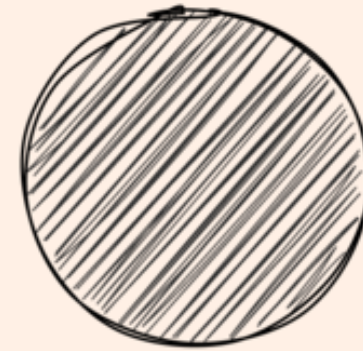
your thoughts



you



your reality



Self-Awareness is Key

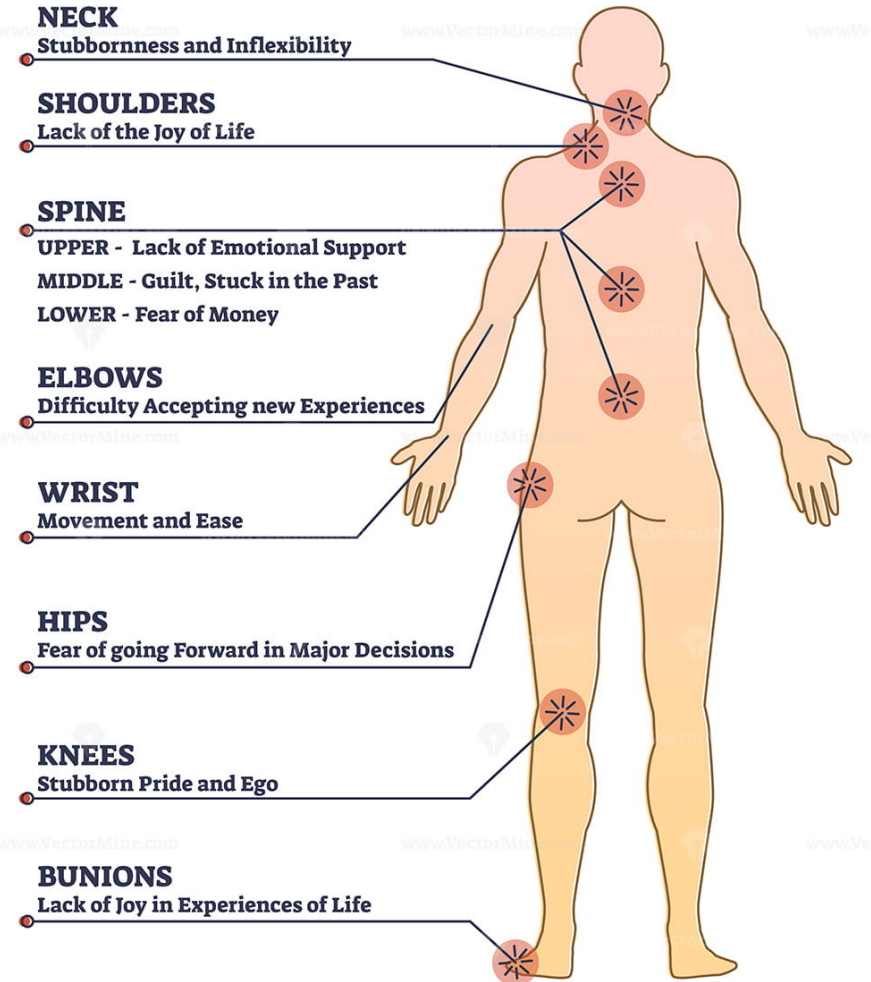
“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

- Carl Jung

Listen to the Body



EMOTIONAL PAIN CHART



Self-Reflection

Write and Reflect (3 minutes):

1. What are some repeated thoughts that shape how you live your life?
2. Do these thoughts limit you or empower you?

Breakout Rooms (5 minutes): Share with a partner.

Any New Insights?

Becoming more aware allows us recognize patterns and rewrite the stories we tell ourselves.



How does this all tie together?

“Teachers’ beliefs have a **greater effect** than the teacher’ knowledge on planning their lessons, on the types of decisions they adopt, and on classroom practice.”

- Abbas Pourhosein Gilakjani & Narjes Banou Sabouri

Sources of Teaching Beliefs

1. A teacher's experience as a learner.
2. A teacher's experience from teaching.
3. A teacher's personality.
4. A teacher's training or education.



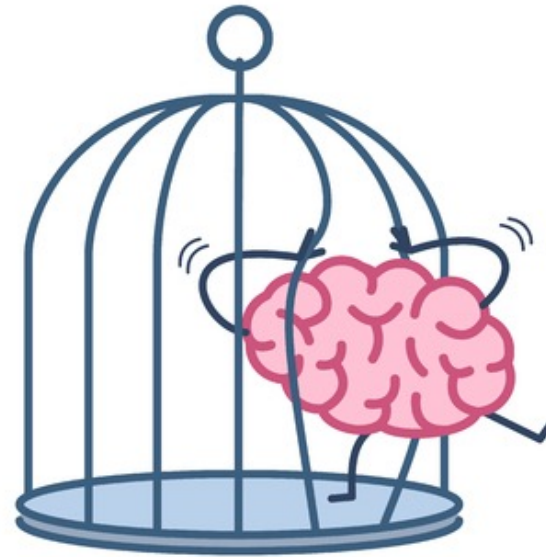
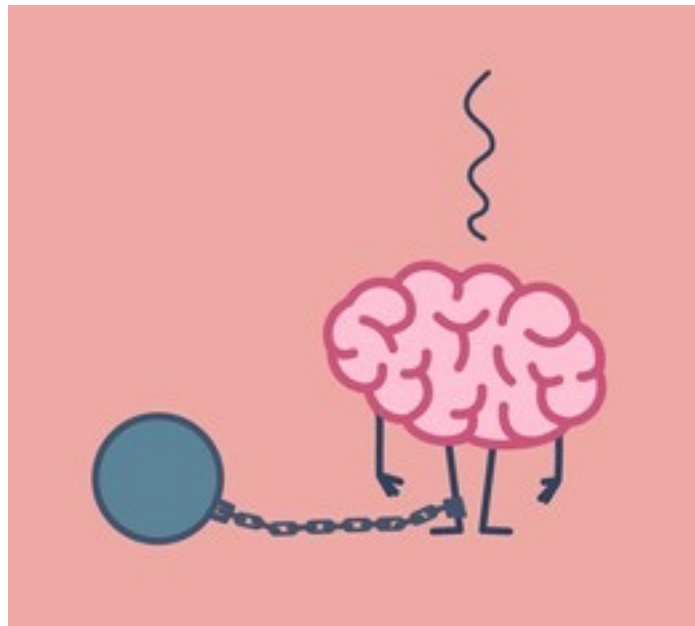
Identifying Teaching Beliefs

Breakout Rooms (5 minutes): Share with a partner.

1. What are some ideas you have about learning a language?
2. What do you believe about teaching ESOL at Montgomery College?
3. What beliefs do you have about your students?
4. What do you believe about teaching best practices?

Any surprises?

Are your teaching beliefs limiting or empowering?



Empowerment Teaching Mindset

1. Learning a language is **fun**.
2. Teaching at ESOL and Montgomery College allows students to **connect** with others.
3. Our ESOL students are **smart, driven**, and **capable**.
4. Teachers **learn** from students.

Ways to Empower Students



1. Give students a voice (partnership)

- Allow students the opportunity to provide constructive and timely feedback.
- Polls, Edmodo, Google, etc.

2. Give students decision-making power (leadership)

- Allow students the opportunity to have a sense of ownership and creativity.
- Unit topics, supplemental work, writing topics, group work, self-assessment, checking-in, etc.

3. Give students authentic practice (agency)

- Allow students the opportunity to practice English in the real world.
- Read an article, assign a podcast or a YouTube clip as homework, talk to a cashier, etc.

Empowerment in the Classroom

Please unmute yourself and share.

1. How can these ideas be incorporated into a lesson plan?
2. What language can be used with students to inspire empowerment?
3. What is one thing you would like to do differently in your classroom?

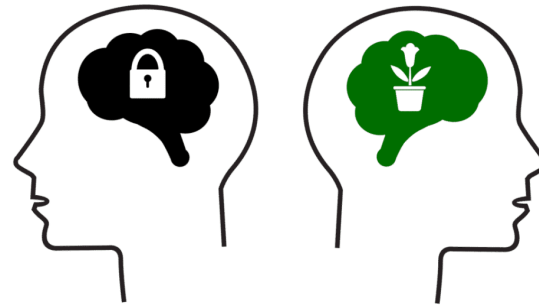
Wrap Up



Thoughts >



Beliefs >



Mindset >



Reality

“Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless.”

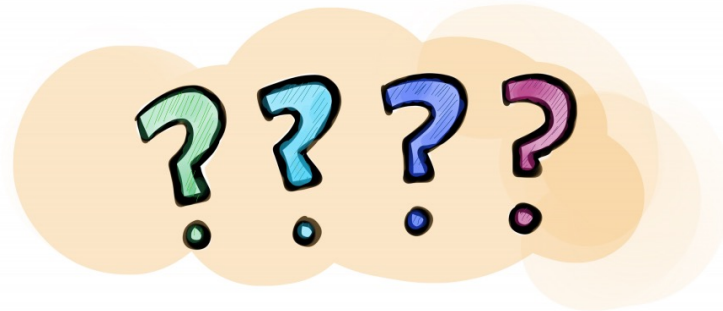
- Jamie Paolinetti

Any Questions or Feedback?

**What has been useful
and what might you improve upon or discard?**

*Please unmute yourself and share your thoughts
or type them in the chat.*

Email me at lindsay.little@montgomerycollege.edu



Sources

1. <https://magazine.wharton.upenn.edu/digital/the-impact-of-limiting-beliefs/>
2. <https://www.omaritani.com/blog/what-you-think>
3. <https://files.eric.ed.gov/fulltext/EJ1133207.pdf>
4. <https://www.happy-classrooms.com/how-my-nerdy-certification-can-improve-your-teaching-experience/>
5. https://www.researchgate.net/publication/334122061_Empowering_and_Engaging_ESL_Learners_in_the_Task-Based_Curriculum_Evaluation
6. <https://www.edutopia.org/blog/empower-students-adora-svitak>