



Good Proposal Example – 60 minute workshop

Title (10 words or less)

How You Can Apply Mindset Research in Dental Education

Abstract (100 words or less; example below is 99 words)

Research into a relatively simple but powerful concept, mindset, is changing the way educators think about intelligence. Mindsets are beliefs about yourself and your basic qualities. In a fixed mindset, individuals believe their basic intelligence or talent cannot be increased; in a growth mindset, individuals believe their intellectual and talent abilities can be developed through hard work and dedication. Participants will learn about the concept of fixed vs. growth mindset, self-assess to identify whether they have a fixed or growth mindset, identify ways this concept applies to dental education, and strategize on how to influence the mindset of students.

Description (100 words or less; example below is 90 words)

Content/Activity Time Introduction 5 min.

Activity: Participants complete a self-assessment to determine their own personal mindset 10 min.

Content: Fixed and growth mindsets 5 min.

Content: How to determine whether someone has a fixed or growth mindset 5 min.

Activity: Table and group discussion of questions such as "What could you ask a student who has a fixed mindset and appears to have given up on doing better?" 10 min.

Content: How to influence someone's mindset orientation and implications for dental education 10 min.

Activity: Workgroups develop a list of ways to integrate concepts into educational settings and report back. 10 min. Wrap up and questions 5 min. TOTAL 60 min.

Objectives (Following this session participants will be able to:)

Self-assess to identify if they have a fixed or growth mindset. Strategize methods to influence the mindset of students. Identify ways the concept of mindset applies to dental education.

Audience Interaction (50 words or less; example below is 43 words)

Participants will complete a self-assessment to determine their own personal mindsets. Structured discussion on relevant questions will be integrated throughout, including how to approach students with a fixed mindset. Workgroups will develop a list of ways to integrate concepts into dental educational settings.