



Attitude and Growth Mindset

BIG IDEA(S):

- What am I passionate about?
- What STEM careers would I find challenging and fulfilling?

WHAT YOU WILL NEED:

- A device with the ability to project video
- STEM Career Vignette [videos](#)
- Devices with Internet access, one per participant or as many as possible
- Wildest Dreams Mind Map

OVERVIEW

In this second session, young people will explore the importance of being passionate about their career. They will listen to a STEM professional describe why they love their career. They will then use various tools and strategies to investigate their own passions as they work toward uncovering STEM careers that are best for them.

BEFORE YOU BEGIN

- Print and copy the handout listed in the *What You Will Need* section, so there are enough copies for all participants.
- Gather the devices listed in the *What You Will Need* section, so there are enough for all participants. If one device per participant is not possible, gather as many as possible.
- Read through the activity to make sure you understand the directions before the session begins.

ENGAGE

- Begin by asking the young people to think of a subject they are extremely passionate about and interested in.
- Then encourage each young person to find a partner and spend two minutes discussing this subject. If they are stuck on how to begin the conversation, it can be as simple as: "I'm extremely interested in _____ because _____."
- After two minutes have passed, encourage the conversation to shift to what the other partner is passionate about.
- Then debrief and ask the young people to share how they felt as they were discussing *their* subject.
- Wrap up by summarizing that when you're passionate about a subject or activity, time flies by as you're doing it or talking about it. You have strong feelings of enthusiasm and excitement about the subject, and you know it's worth the energy you're putting into it!

EXPLORE

1. Explain that Confucius once said: “Choose a job you love, and you’ll never have to work a day in your life.” In other words, your job won’t feel like work if you love what you do!
2. Take a moment to show one or more of the [STEM Career Vignette videos](#). As everyone watches, ask them to identify if or why it seems like this professional is passionate about their job.
3. Explain that in order to find a job that you love, you need to understand what you are passionate about. While everyone has unique passions, the tricky part can be discovering exactly what they are. Today, the young people will begin to discover them.
4. Tell everyone that first they will take a quiz that will help them assess their interests, hobbies, and skills in order to uncover a variety of in-demand STEM careers.
5. Go to <https://stemcareerscoalition.org/> and under the Student tab select the Career Finder Quiz.
6. Once the young people have finished the quiz, invite each person to share at least one of the STEM careers that they uncovered that seems intriguing to them and/or that they would like to learn more about.
7. Ask them to keep these career(s) in mind as you pass out the **Wildest Dreams Mind Map handout**.
8. Encourage the young people to read the directions provided and explain that the goal of this exercise is to help them continue brainstorming their passions! Ask them to consider what they learned from the Career Finder Quiz as they complete their mind maps.
9. Once everyone’s mind maps are complete, bring the young people back together. Encourage them to share their mind maps (if they would like to). Then ask each young person to place their mind map in a location where they will see it often.
10. Wrap up the session with a discussion around what the young people learned today. Discuss:
 - Why is passion and a positive attitude an important part of planning for your future?
 - Who is responsible for figuring out your passions?
 - Do you think it’s possible to find a STEM career you are passionate about?

MAKE THE CONNECTION

STEM careers can be attractive to people with diverse passions, backgrounds, and interests. Just about any interest or passion can be transformed into a STEM career! Look at the field of sports, as an example. Almost every part of sports can be tied to STEM—from calculating speed, understanding aerodynamics, designing uniforms, and building stadiums!

EXTEND AND EVALUATE

Do you meet more than once a month? In an upcoming session, you could have the young people...:

- Select one or two of their wildest dreams and develop SMART goals to make them come true. (Remember: SMART goals are **s**pecific, **m**easurable, **a**chievable, **r**elevant, and **t**imely). They can then brainstorm at least two actions they could take toward achieving each goal and at least one person who could support them in their endeavor.
- Read articles and watch videos to explore the idea of a growth mindset versus a fixed mindset. Then discuss and debate whether these mindsets could impact their ability to find their passions.

Ready to create a mind map of your boldest dreams and future aspirations? Follow these directions to get started:

1. Divide your future dreams into broad categories and create branches below for each one. For example, what future dreams and aspirations do you have about your education, career, and/or accomplishments? What about your future travels, lifestyle, physical fitness, where you want to live, what you want to pursue in your free time, etc.? Create a branch from the center circle for each category that is important to you.
2. Then, from these main categories, create smaller branches that clearly explain your biggest and boldest dreams. You may describe your dreams in words or pictures. When someone else looks at your finished product, they should have a clear snapshot of what you envision for your future!

