

Growth Circles

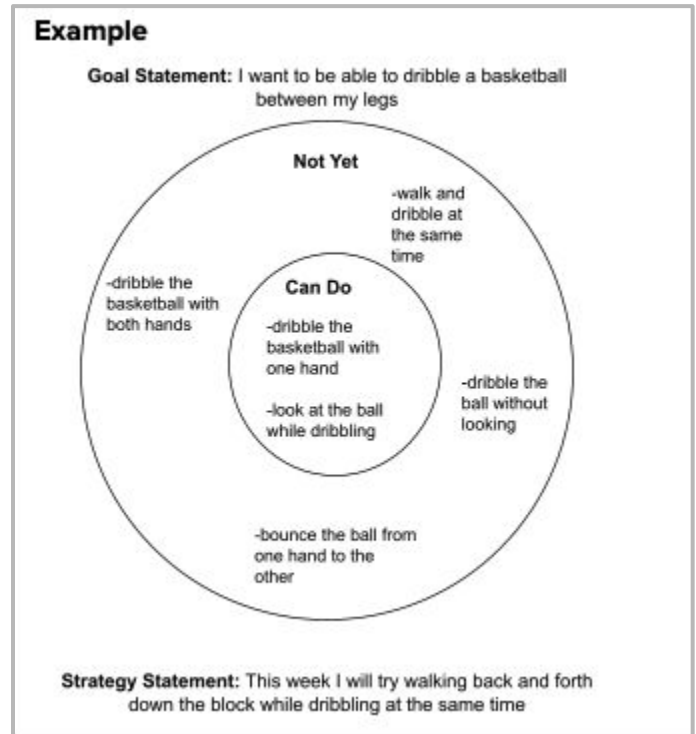
Related Adult SEL Skills: Self-Efficacy, Growth Mindset, Responsible Decision-Making

ABOUT GROWTH CIRCLES:

Growth Circles are a great way to support participants in setting goals, growing their self-efficacy (academic or professional self-esteem), and adopting a growth mindset (the belief that we can change and grow).

Growth Circles include a **goal statement** (something that you hope to be able to do or improve at), a **“Can Do” circle** (all the things you can do related to the goal), a **“Not Yet” circle** (all the things you cannot yet do related to the goal), and a **Strategy** (one or two things that you can do in the short-term to expand or grow your Can-Do Circle).

The **“Can Do”** and **“Not Yet”** circles reveal what success and failure really look like. Success is any time you take action to grow your **“Can Do”** circle, even if you don’t reach your goal. Failure is when you do nothing to expand your **“Can Do”** circle.



STEP-BY-STEP INSTRUCTIONS:

Follow the below instructions to use the Growth Circles protocol with your staff, PLC, or for personal growth.

1. Identify a meaningful goal – something that matters or is important to you. It could be something you want to do or something you want to get better at.
2. Draw one big circle with a smaller circle inside of it (see example above.) Make sure you leave space to write in both circles. Label the smaller one “Can Do” and the bigger one “Not Yet.”
3. In the “Can Do Circle”, answer the following: *when I think about my goal, 1-2 things I can already do are...*
4. In the “Not Yet Circle” answer the following: *when I think about my goal, 1-2 things I can not yet do are...*
5. Next, think about 1-2 things you can do or a resource you can use to help do one thing from your “Not Yet Circle.” This is your strategy. Write: *“This week I’ll try...”*
6. Keep a journal to store these Growth Circles. Continually check the journal to reflect on your goal(s). You should be able to add more to your “Can Do” circle so that it grows over time.

FOLLOW-UP:

Individually or in a group, engage with the following questions:

- What strategy or resource did you use to expand your “Can Do” circle?
- If your strategy was not as helpful, what’s something that you can try next?
- What’s a strategy that you will try next to expand your “Can Do” circle even more?
- What strategy can you share with a friend to help them expand their “Can Do” circle?
- Flip through your Growth Circles journal. How have you seen yourself grow and change?

IDEAS FOR IMPLEMENTING THIS STRATEGY WITH STUDENTS:

Growth circles are great for a variety of goals, both personal and academic. Students might need a lot of scaffolding, so we recommend starting with a non-academic goal or a personal goal to model and introduce the growth circle to students. Chunk each of the steps and model with a non-academic goal. Sometimes it’s helpful to help students learn about developing a growth mindset first.

Over time, students’ growth circles should change--with the “**Can Do**” circle expanding. Here’s an example below of what it might look like.

Week 1 Non-Academic Example

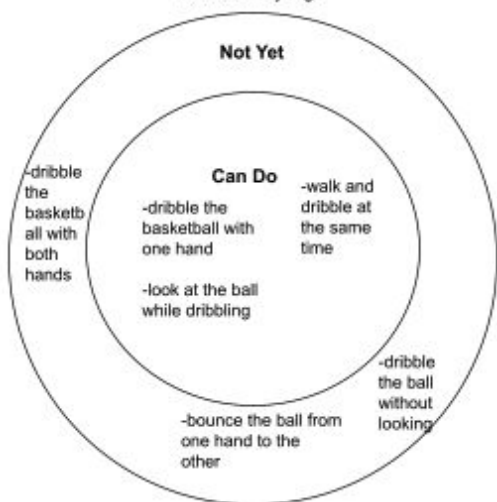
Goal Statement: I want to be able to dribble a basketball between my legs



Strategy Statement: This week I will try walking back and forth down the block while dribbling at the same time

Week 2 Non-Academic Example

Goal Statement: I want to be able to dribble a basketball between my legs



Strategy Statement: This week I will try walking back and forth down the block while dribbling at the same time but looking forward only.