FREED READING WITH JENNIFER BRINKMEYER

Bias-Proof Prep

Class One: MINDSET

The Pygmalion Effect

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Freed Reading

If you change what you believe, you will change your actions to match your beliefs and produce the desired result.

"Whether you think you can or you think you can't—you're right"

–Henry Ford

Freed Reading

A teacher embodying the work in this course...

- manages their mind.
- centers learning.
- shares power.
- protects time for the right work.

Freed Reading

Mind Management

1. Notice
2. Name
3. Validate
4. Choose
5. Act

Mind Management: Example

1. Notice: Frustrated
2. Name: *This student should already be able to read this.*
3. Validate
4. Choose: *It's normal to find this difficult, and we'll figure it out together.*
5. Act: Anticipate challenges. Work with students.

Freed Reading

Freed Reading

Cultivate a Learning-Centered Classroom

- We are here to learn.
- There are a multitude of viable learning paths to lead to the same understanding.
- Mistakes are some of our best teachers.
- Learning from differences is a golden opportunity.
- Learning is messy and sometimes loud.
- I wonder what's working for this student and what this student needs next.

Freed Reading

A learner is a person with power.

Share Power

- It can be fun and enlightening to do things in ways I never considered before.
- I share the responsibility of my students' success with lots of people, including the students themselves.
- Every student teaches me about teaching.
- Working with others enriches the experience of the students in my class.

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Protect Time for the Right Work

- There is no hurry.
- Deadlines are arbitrary.
- Time is a construct.
- Done is better than perfect.

What you think

you will create.

Reflect

1. Which negative emotions and thoughts come up for you most often about teaching?
2. Which thoughts from the lesson stand out to you as ones you most want to practice?

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Act

Practice the mind management cycle

for one week.