



# MINDSETS UNIVERSITY

Bloomington, MN  
June 21-22, 2017

Guide

Program

Mikayla Watts, Kendra Obahiagbon  
and Kristoffer Valero prepare to give  
a tour of Mashburn Elementary.



# Your "why" is why we do what we do.

## Welcome to Mindsets University 2017!

We've designed this year's conference with an ambitious intention: to *provide the support and confidence you need to fulfill your own unique vision as an educator.*

Our goal is your goal: the one you set for yourself many years ago, the reason you chose education as your life's calling. There is no work more profound than teaching children, and we're humbled to be with you this week.

The work of the **7 Mindsets** began in 1988, when our founders were asked to teach life skills to youth in New York City Schools. For the next 20 years, they developed award-winning curriculum and youth empowerment programs that served hundreds of thousands of students throughout the country. While those efforts were successful, there was something missing. Something huge.

And so in 2003, with a core team in place, a 3-year, multi-million dollar research effort was launched to uncover the true nature of happiness and success. 7 Mindsets founders directly interviewed over 500 people, consulted every major study on the subject, logged the common themes across hundreds of renowned books, and analyzed thousands of individuals who had found great significance and meaning with their lives.

Through a rich collaboration with the Magic Wand Foundation, the Mindsets were then put to work. First, we developed what today stands as our flagship youth leadership event: **The Ultimate Life Summit**. Now in its 9th year, ULS has hosted more than 1,000 young people from 25 countries worldwide.

To broaden the impact of the Mindsets, **7 Mindsets For Schools** was born, and is now at work in 22 U.S. states. Through the contributions of thousands of educators, we uncovered a common framework that provides (as our San Antonio Co-Host Principal Barbara Vella says) "an umbrella-effect" for cultural transformation.

Combining these elements: research, lessons, training and framework, the content we offer this week distills this shared journey into a new language that is now sweeping the country! Together, we can transform our schools, classrooms and, as you'll learn over the next few days, whole communities using the Mindsets.

Thank you for joining us!



*Lupita*

**Lupita Knittel**  
President, 7 Mindsets



# Welcome Home

We are delighted to select the DoubleTree Conference Center & Hotel in South Minneapolis/Bloomington as our home base for Mindsets University this year. Here are a few details to help you find your way:

## Parking

Parking is available and is free of charge.

## Public Transportation

The venue is accessible via Minneapolis Metro Transit Bus 540. Please visit [metrotransit.org](http://metrotransit.org) for more information.

## Nearby Lodging (in addition to DoubleTree)

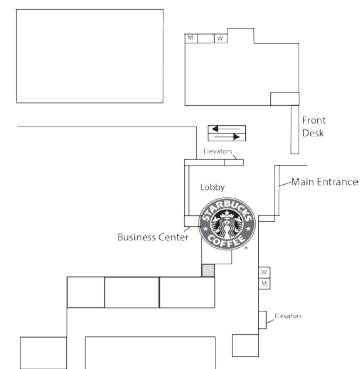
Sheraton Bloomington Hotel  
5601 W 78th St, Minneapolis, MN 55439

Days Inn Bloomington West  
7851 Normandale Blvd, Bloomington, MN 55435

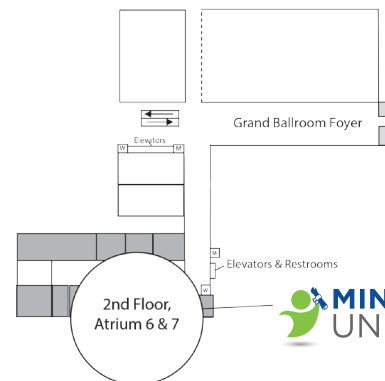
Crown Plaza Bloomington MSP Airport/MOA  
5401 Green Valley Dr, Bloomington, MN 55437

Country Inn Suites Bloomington West  
5120 American Blvd W, Bloomington, MN 55437

### FIRST FLOOR MEETING ROOMS



### SECOND FLOOR MEETING ROOMS



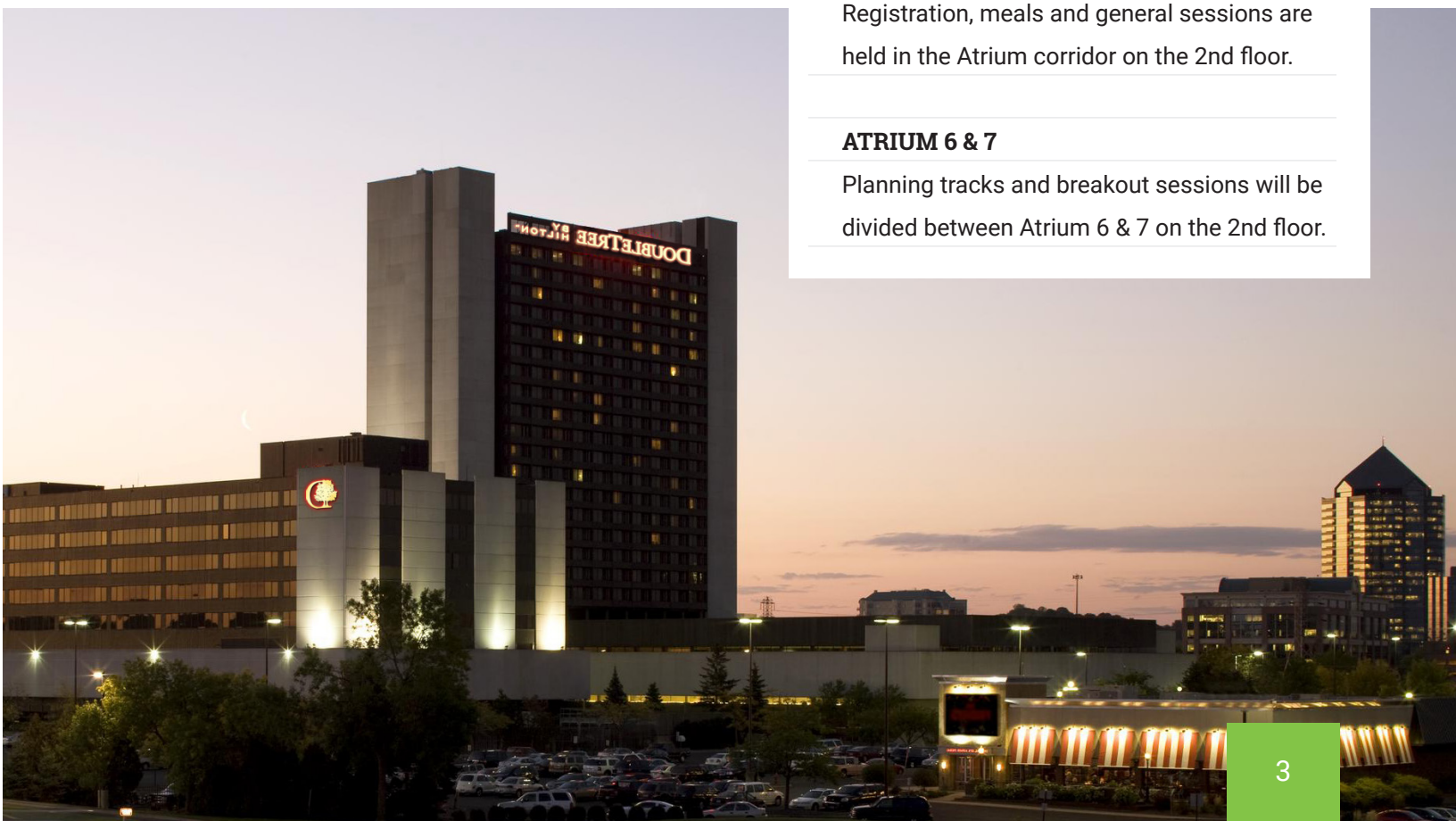
## Our Spaces

### ATRIUM 6:

Registration, meals and general sessions are held in the Atrium corridor on the 2nd floor.

### ATRIUM 6 & 7

Planning tracks and breakout sessions will be divided between Atrium 6 & 7 on the 2nd floor.



# Day 1

## Welcome

### Registration, Coffee & Light Breakfast

7:00 am

Danishes and breakfast breads, fresh sliced seasonal fruits and berries, juices, coffee & tea.

### Opening Program

8:00 am

After a brief film on a very special Minneapolis middle school, 7 Mindsets Director of Education, Chelsea Buchanan, will open the program.

## Morning

### The 7 Mindsets

8:45 am

Presented by Chelsea Buchanan, 7 Mindsets Director of Education and Jeff Waller, Co-Author of The 7 Mindsets To Live Your Ultimate Life, participants will explore the Mindsets in depth: at personal and professional levels. Weaving from content to application, participants will construct their own personalized life plan using the 7 Mindsets as a guide.

## Lunch

### Lunch Buffet

12:30 pm

A broad lunch buffet with salads, sides, entrees and desert options.

## Afternoon Keynote

### Mindsets & Movements

1:30 pm

Roberto Rivera paints a powerful vision for the future of Social Emotional Learning.

## Mindsparks

### MindSpark Salon Series

2:30 pm

**Michael Cruz** Teacher, Casa Grande Middle School

**Karon Cunningham** Principal, Franklin Middle School

**Roberto Rivera** Chief Empowerment Officer, 7 Mindsets

Explore best practices and ideas from the field, followed by a panel and Q&A session.

## Closing

### Closing Reflections & Preview of Day 2

4:30 pm

# Day 2

## Debrief

### Coffee & Light Breakfast

7:00 am

Danishes and breakfast breads, fresh sliced seasonal fruits and berries, juices, coffee & tea.

### Review & Icebreak Session

8:00 am

Day 2 starts with a debrief from the day before and an activity to get creativity flowing!

## Planning

### Implementation Planning Sessions

8:30 am

Co-facilitated by school administrators, teachers and 7 Mindsets Trainers.

#### Part 1: Readiness Assessment and Reflection

- Social Emotional Learning
- Student Performance
- Climate and Culture
- Challenges and Roadblocks
- School Goals

#### Part 2: Organization Plan

- Steering Committee Plan
- Educator Communication Plan
- Student Education Plan
- Parent Communication Plan
- Training Plan
- Measurement Plan

## Lunch

### Boxed Lunch

11:30 am

Served in Atrium 6 with refreshments and desert options.

## Breakouts

### Implementation Breakout Sessions 1&2

12:30 pm

### Implementation Breakout Sessions 3&4

2:15 pm

## Closing

### Closing Reflections, Hugs & Shrugs

3:45 pm

Chelsea Buchanan and Jeff Waller

# The Mindsets Revolution

## A Deep Dive

Mindsets University begins with an immersive plunge into the 7 Mindsets. Through instruction, stories and activities, each participant will immediately put the learning to work through the crafting of their own unique Life Plan.

This experience will allow you to redeliver this message to others and to intentionally put what you have learned into action in your life.

All registered participants will receive a copy of the 7 Mindsets book.



**Chelsea Buchanan** is a classroom teacher who attended Mindsets University five years ago, without any prior knowledge of the concepts. She returned home knowing that her path in life had changed, and began working towards her new goal of spreading the Mindsets nationwide. Today, Chelsea is the Director of Educational Services at 7 Mindsets. Each day she combines her passion for helping others to recognize their potential with her background in teaching, instructional coaching, and curriculum.



**Jeff Waller** is the co-creator of the 7 Mindsets, and co-author of The 7 Mindsets to Live Your Ultimate Life. He is focused on delivering transformative solutions that enable every child to create a life of happiness on their own terms. Central to his mission is equipping educators from all walks of life with the skills and tools to create connected school and classroom communities, where every student can thrive and every teacher is empowered to positively impact their students lives.



Michael Cruz, Karon Cunningham, Roberto Rivera

# Mindspark Salon Series

## A Storm Of Ideas!

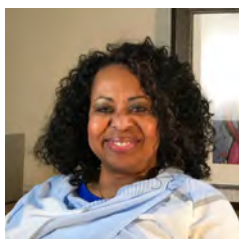
Back to back, and without the typical formalities, Mindsets University hosts 3 inspiring, unique approaches to the work of teaching and learning.

Each presenter will share for 20 minutes, followed by a dynamic panel discussion before we open the floor to Q&A.

George Moore, a graduate of the Ultimate Life Summit, presents the 7 Mindsets in under 20 minutes using his own personal heroes.



**Michael Cruz** is the Technology Teacher at Casa Grande Middle School in Casa Grande, AZ. He holds a Bachelor of Interdisciplinary Studies degree in business and education from Arizona State University and a MBA in Human Resources from Everest University. Prior to teaching, Cruz spent 10 years in the private sector as a software trainer, sales executive and education technology consultant. He has been recognized as a model teacher in his community, and a champion of mindsets-based social emotional learning.



**Karon Cunningham** is the Principal of Franklin Middle School in Minneapolis. Franklin Middle is a nationally recognized community school providing a STEAM (Science, Technology, Engineering, Arts and Mathematics) focused education to prepare students to attend and be successful in North High School's Communication Arts and Summatech programs. Cunningham's approach to building school leaders and applying mindsets-based social emotional learning have had a defining impact on her entire community.



A Research Collaborator at CASEL and a rising Thought Leader in social emotional learning, **Roberto Rivera** received his undergraduate degree at the University of Wisconsin-Madison where he created his own major entitled "Social Change, Youth Culture and the Arts". He carries a masters in Youth Development with a focus on Social Justice, Urban Education, and Hip-hop, and is currently pursuing his Doctoral Certificate at UIC. Recently, Roberto gave the closing Keynote for SXSW Edu.

Chattahoochee Elementary  
School Principal Barbara Vella  
working with students.

# Implementation Planning Sessions

Participants separate into groups: Elementary or Middle / High school

## Planning Session Flow

With the support of experienced school leaders, in combination with 7 Mindsets staff, participants will explore best practices for implementation of the 7 Mindsets with students, educators, parents, and the community. Through discussion and collaboration, you will create a unique implementation plan for your school. Learning outcomes include how to create a steering committee of teacher-leaders, how to sustain staff momentum, the best ways to incorporating families, and how to create a positive environment where every student can thrive.

### Part 1: Readiness Assessment and Reflection

- Social Emotional Learning
- Student Performance
- Climate and Culture
- Challenges and Roadblocks
- School Goals

### Part 2: Organization Plan

- Steering Committee Plan
- Educator Communication Plan
- Student Education Plan
- Parent Communication Plan
- Training Plan
- Measurement Plan

Based on identified strengths and weak areas, participants will be encouraged to choose from the breakout sessions offered after lunch.



# Breakout Sessions

Designed to take your implementation planning even further

## First Group: 12:30 - 2:00 pm (Select one)

### **The Umbrella: A Whole School Approach [Atrium 6]**

In this session the participants will hear stories and see examples from schools on how to weave the 7 Mindsets core language into faculty meetings, student government, school traditions, clubs, and instruction throughout the day. The ideas and traditions don't change or go away, but the language, and reason we do them, becomes crystal clear.

### **Teach! The Art Of Mindsets Instruction [Atrium 7]**

Research has established that when teachers and students are able to connect in deeper and more meaningful ways, learning accelerates. Leveraging best practices to explore simple, proven strategies, this topic helps educators and non-educators alike to facilitate lesson more effectively and build the relationships that are critical to student success.

## Second Group: 2:15 - 3:45 pm (Select one)

### **All Aboard! Managing And Sustaining Change [Atrium 6]**

Learn how to spot and overcome the roadblocks, both personal and organizational, to implementing a clear strategy that manages potential conflict and imminent change. This topic provides a leadership framework for managing change and creating an implementation that addresses the "big rocks" that are commonly uncovered in SEL implementation.

### **Community Engagement & Visioning [Atrium 7]**

In this session, participants will explore the nuts, bolts and infinite possibilities of what happens when parents and the community become an integral component of your school's initiatives for social and emotional learning. From simple steps to share a "common language" with parents, to larger initiatives based on our model communities, participants will leave ready to build bridges in their own.

Write It Down

## We Were Created to Create...



Upon arrival at Mindsets University, you'll notice triangle towers situated throughout the learning spaces. They will be mostly blank, with markers all around, and they are yours. Between sessions, during sessions and whenever inspiration strikes, we're counting on every participant to help us co-create a visual learning experience for all.

## Create With Us...

Collecting school stories of growth, passion and purpose, we've commissioned a documentary film project that journeys into the very heart of TRANSFORMATION. From inner-city neighborhoods to the most remote outposts of our American landscape, we're leaving no stone unturned. If you would like to host our film crew, or share your own creations, talk to a staff member or send an email to [ourstory@7mindsets.com](mailto:ourstory@7mindsets.com)





Leave With a Plan

# Implementation Toolkit



## Toolkit Contents:

- The 5 Competencies of SEL
- The 7 Mindsets
- Educator Life Plan
- Part 1: Readiness Assessment & Reflection
- Part 2: Organization Plan
- Example Pacing Guides





### **7 Mindsets**

60 King Street  
Roswell, GA 30075

Web: [www.mindsetsuniversity.com](http://www.mindsetsuniversity.com)  
Email: [info@7mindsets.com](mailto:info@7mindsets.com)  
Phone: (678) 264-3555  
Fax: (678) 550-9750

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