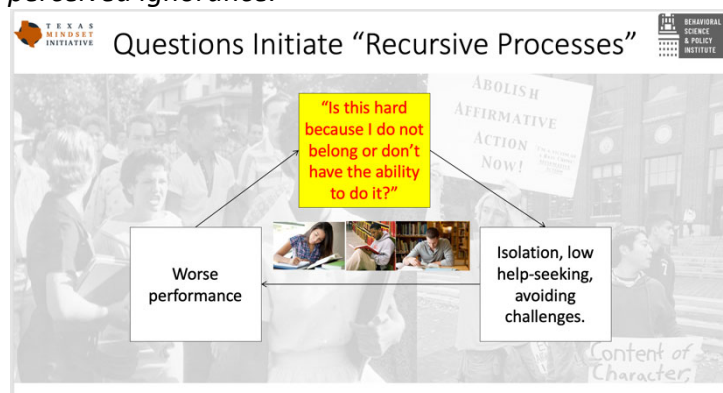


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**From:** Bernadine Chuck Fong <fongbernadine@fhda.edu>  
**Sent:** Sunday, October 9, 2022 10:14 PM  
**To:** foothill  
**Cc:** centralservices; asfc.skyeb@gmail.com; Chamu Palaniappan  
**Subject:** David Yeager's slides on belonging and growth mindset, invitation to join, and invitation to participate in Undocumented Student Action Week and why creating a sense of belonging is so important

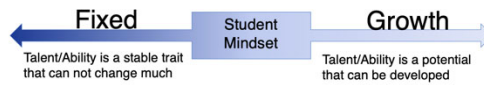
On opening day, we invited Prof. David Yeager to share with us, his work on growth mindsets and how to engender a sense of belonging in our college community. Our goal is to continue and intentionally create a safe place and sense of belonging for our students and for ourselves. This is especially critical for our undocumented students and employees, particularly in light of a recent Federal court decision. We know that students who have a greater sense of belonging in their school, also have higher success rates academically. As David noted in his presentation, "History and culture raise questions about inclusion." Students may ask themselves: "Am I the kind of person who can (and will be allowed to) success in college in America?" Questioning belonging leads to problematic interpretations of adversity. "Is this hard because I do not belong or don't have the ability to do it?"

When students encounter bureaucratic hassles (application form, registration, selecting the "right" courses, understanding program requirements and prerequisites, applying for financial aid, adding or dropping a class, etc.) some may think "it's the system," and push through it, but others might think they are not "smart enough" to figure it out, or because of their sense of isolation and lack of belonging, *avoid seeking help for fear of displaying their self-perceived ignorance.*



Creating a sense of belonging in our students is coupled with encouraging a growth mindset, both of which increase student achievement.

# Student Mindsets Play a Role



Goals	Look smart	Learn
Value of effort, help, strategies?	Lower	Higher
Response to setbacks, failures	Tendency to give up	Work harder and smarter

(e.g., Leggett, 1986; Leggett & Dweck, 1988; Robins & Pals, 2002; Hong et al., 1999; Curry et al., 2008; Blackwell et al., 2007; Nussbaum & Dweck, 2008; Moser et al., 2011; Dweck & Yeager, 2019).

Growth mindset can be induced through a simple activity, one that both David and I (along with Nicole Gray and Rachel Mudge in our math department) worked with at the Carnegie Foundation for the Advancement of Teaching. The following is a simple 20 minute exercise where students were asked to read a simple article on the brain and the article was discussed in class. This activity encouraged students to think of themselves, or their way of thinking, differently, and evolve into a growth mindset.


**You Can Grow Your Brain**  
*New Research Shows the Brain Can Be Developed Like a Muscle*  
 By: Lisa S. Blackwell and David S. Yeager

Many people think of the brain as a mystery. We don't often think about what intelligence is or how it works. And when you do think about what intelligence is, you might think that a person is born either smart, average, or dumb—either a “math person” or not—and stays that way for life.

But new research shows that the brain is more like a muscle—it changes and gets stronger when you use it. Scientists have been able to show just how the brain grows and gets stronger when you learn.

Everyone knows that when you lift weights, your muscles get bigger and you get stronger. A person who can't lift 20 pounds when they start exercising can get strong enough to lift 100 pounds after working out for a long time. That's because muscles become larger and stronger with exercise. And when you stop exercising, the muscles shrink and you get weaker. That's why people say “Use it or lose it!”

But most people don't know that when they practice and learn new things, parts of their brain change and get larger, a lot like the muscles do. This is true even for adults. So it's not true that some people are stuck being “not smart” or “not math people.” You can improve your abilities a lot, as long as you practice and use good strategies.



Inside the outside layer of the brain—called the cortex—are billions of tiny nerve cells, called neurons. The nerve cells have branches connecting them to other cells in a complicated network. Communication between these brain cells is what allows us to think and solve problems.

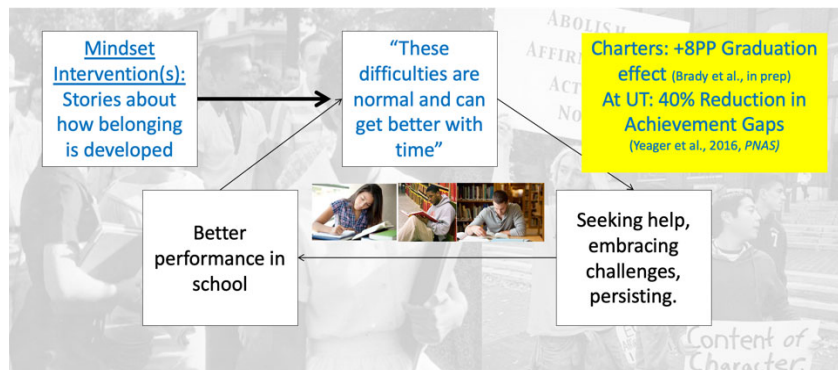
A Section of the Cortex

HEALTH & SCIENCE News You Can Use

## Intervention

“Most people don't know that when they practice and learn new things, parts of **their brain change** and get larger, a lot like the **muscles** do. This is true even for adults. So it's not true that some people are stuck being “not smart” or “not math people.” **You can improve** your abilities a lot, as long as you **practice** and **use good strategies.**”

## Mindsets Alter Recursive Processes



If you are interested in pursuing this approach and David’s line of work, he has invited us to join in a fellow program. I have about 16 names so far, but ***if you haven’t given me your name and want to be included, please let me know by return email, as this will be the last call.*** We are discussing how Foothill may host a Mindset Initiative for community colleges here, as a west coast partner to David’s work. The fact that we are also neighbors to Stanford professors, Carol Dweck, Greg Walton, and Jeff Cohen, all experts in this field and colleagues of David’s, makes our involvement even more strategic.

And the ultimate challenge to “belonging” is with our undocumented students. What can we do for this particular group, to truly understand their needs, address them meaningfully, and welcome them genuinely.

Oct. 17-19 is the California Community Colleges Undocumented Student Action Week. You are all invited to participate and reach out to our students through gaining a better understanding of their challenges.

FOOTHILL COLLEGE  
FAMILY ENGAGEMENT INSTITUTE

## UNDOCUMENTED STUDENT ACTION WEEK OCT. 17-21, 2022

JUNTOS PODEMOS (TOGETHER WE CAN): COLLABORATIVE ECOSYSTEMS THAT SUPPORT UNDOCUMENTED STUDENTS

JOIN US FOR A WEEK OF FREE ACTIVITIES GEARED TOWARDS UPLIFTING THE UNDOCUMENTED VOICE AND EXPERIENCE. ALL ACTIVITIES WILL BE OPEN TO STUDENTS, COMMUNITY MEMBERS, STAFF AND FACULTY.

MONDAY 10/17	TUESDAY 10/18	WEDNESDAY 10/19	THURSDAY 10/20
<p><b>USAW OPENING CEREMONY</b></p> <p><b>9:00 – 10:00 AM CCC SYSTEMWIDE WEBINAR SERIES:</b> Supporting a Supportive Ecosystem through Local, State, &amp; Federal Advocacy</p> <p><b>LOCATION: ZOOM</b> Scan the QR code to register or visit <a href="https://bit.ly/3D7YzU1">https://bit.ly/3D7YzU1</a></p> <p><b>12:00 – 1:00 PM USAW OPENING CEREMONY</b> Join us in launching Foothill College’s annual Undocumented Student Action Week! We’ll come together in community to celebrate with refreshments, music, and a beautiful butterfly release!</p> <p><b>LOCATION: FOOTHILL’S LIBRARY QUAD</b></p>	<p><b>KNOW YOUR RIGHTS!</b></p> <p><b>9:00 – 10:00 AM CCC SYSTEMWIDE WEBINAR SERIES:</b> Supporting a Supportive Ecosystem through Local, State, &amp; Federal Advocacy</p> <p><b>LOCATION: ZOOM</b> Scan the QR code to register or visit <a href="https://bit.ly/3D7YzU1">https://bit.ly/3D7YzU1</a></p> <p><b>12:00 – 1:00 PM UNDOCUALLY TALKING:</b> Come stop by our booth at the Library Quad to celebrate.</p> <p><b>4:00 – 5:00 PM UNDOCU-HUSDOM WEBINAR:</b></p> <p><b>KNOW YOUR RIGHTS!</b> Join Foothill’s Free Legal Immigration Institute of the Bay Area (IIBA) for an overview of Know Your Rights information. This is an opportunity for Foothill to come together to gain tools and knowledge and responsibilities in supporting our undocumented community.</p>	<p><b>MY IMMIGRANT STORY &amp; UNDOCUHUSTLE</b></p> <p><b>9:00 – 10:00 AM CCC SYSTEMWIDE WEBINAR SERIES:</b> Centering the Undocumented Student Experience Through Campuswide Collaboration</p> <p><b>LOCATION: ZOOM</b> Scan the QR code to register or visit <a href="https://bit.ly/3D7YzU1">https://bit.ly/3D7YzU1</a></p> <p><b>12:00 – 1:00 PM UNDOCUHUSTLE:</b> Demystifying financial aid for undocumented students. Meet us at Teyon Room 2020.</p> <p><b>COMING SOON... IF YOU'RE NOT ABLE TO ATTEND</b> this event, there will be a similar Webinar on Friday, 10/21 From 9-10am: Ensuring Equitable Access to Financial Aid for Undocumented Students.</p> <p><b>LOCATION: ZOOM</b> Scan the QR code to register or visit <a href="https://bit.ly/3D7YzU1">https://bit.ly/3D7YzU1</a></p>	<p><b>STATUS PENDING</b></p> <p><b>12:00 – 1:30 PM &amp; 6-7:30 PM</b> <b>LOCATION: SMITHWICK THEATRE</b></p> <p><b>SCAN THE QR CODE TO REGISTER OR VISIT</b> <a href="https://bit.ly/2E6z928">https://bit.ly/2E6z928</a></p> <p><b>SYNOPSIS:</b> This film portrays the five members of an informal support group comprised of first-generation, Mexican-American, immigration law-practitioners contending with the constant attack on immigrants and Immigration Law. Through their perspectives, we see how changes in the interpretation of the laws and in legal procedures directly affect their clients by endangering their safety and prolonging family separation.</p>

Best regards,  
*Bernadine*

Bernadine Chuck Fong, Ph.D.  
Interim President, Foothill College  
Senior Scholar and Director of Leadership Initiatives, Stanford University