

Study Circle



20 minutes

UNIT 1: GED INSTRUCTOR TRACK - DISCUSSION QUESTION

Theme: Breaking the "I'm Not Smart Enough" Cycle



The Scenario:

Alex is studying for the Math GED. After failing a practice quiz on fractions for the second time, he shuts his book and says, "It's no use. I've just never been a math person. My brain doesn't work that way. I'm going to fail just like I did in high school."

Discussion Questions:



1. Analyze the Attribution: Based on the training, Alex is attributing his failure to a stable cause ("I'm not a math person"). Why is this specific belief dangerous for his motivation?
2. The Pivot: How can you rephrase his failure to focus on unstable/controllable factors (like effort or strategy) instead of ability?
3. The Strategy: The training suggests increasing self-efficacy by "breaking the assignment down into steps." Draft a literal 3-step "mini-success" checklist you could give Alex right now so he feels a "win" in the next 15 minutes.



If Time Allows...



1. Share a specific student who gave up because they believed their failure was permanent or out of their control
2. What ideas does the group have for you to shift the student focus from ability (stable/uncontrollable) to effort (unstable/controllable)?

