Chapter 2

Shifting the goal posts: Setting the foundations for a mindful-management approach

Links

* **2.1**: ['Collaborative for Academic, Social, and Emotional Learning'](https://casel.org/) – CASEL
* **2.2**: ['Well-being Institute'](http://www.cambridgewellbeing.org/) – University of Cambridge
* **2.3**: ['"Behind your back" team-building exercise'](https://greatergood.berkeley.edu/images/uploads/Behind_Your_Back.pdf) – The Greater Good Science Center
* **2.4**: ['Positive Psychology Center'](https://ppc.sas.upenn.edu/) – University of Pennsylvania
* **2.5**: ['An innovative approach to positive psychology'](http://www.flourishingschools.org/) – Flourishing Schools
* **2.6**: ['Developing a growth mindset'](https://youtu.be/hiiEeMN7vbQ) – Carol Dweck talks about her research into developing mindsets in school-aged children and adolescents, emphasising the impact of 'yet' in student success, both within and without the classroom

Further resources

* ['Asking questions to improve learning'](https://teachingcenter.wustl.edu/resources/teaching-methods/participation/asking-questions-to-improve-learning) – Washington University in St Louis' Centre for Teaching and Learning provides this summary of teachers’ use of questioning
* ['Teaching multicultural students'](http://www.accreditedschoolsonline.org/education-teaching-degree/multicultural-students) – a broad view of culture and how to position yourself in relation to your classroom culture.
* ['How good are your communication skills?'](http://www.mindtools.com/pages/article/newCS_99.htm) – a communication quiz from MindTools to help you gauge your skill levels
* [‘How neuroscience can help your kid make good choices’](file:///D:\Tan%20Tan%20documents\freelancing\cambridge\yeigh%20mindfulness%20edit\website%20au%20ms\•%09https:\www.mindful.org\how-neuroscience-can-help-your-kid-make-good-choices\) [–](https://protect-eu.mimecast.com/s/6TstC99N9I2AoL5F3Xeac?domain=mindful.org/) A book review from the Mindful website of how to teach children to learn self-regulation as a core skill set for success in life.
* [‘Education Week Teacher’](https://www.edweek.org/tm/index.html?intc=main-topnav) – This site has some great ideas for building positive learning relationships and assisting student engagement.