



# Guide bit EU academy

## Welcome to the „3L Mindset“ guide

The following guide explains how to use the online course "3L Mindset". If you want to find out more about the project, click here: <https://www.3lmindset.com/en>

### The “3L Mindset” course

The course is currently available in English. The German, Spanish and Slovenian versions will follow soon. The course consists of 13 main parts focusing on:

- Module 1: Fixed vs. growth mindset
- Module 2: Motivation techniques
- Module 3: Different learning styles
- Module 4: Adapting one’s teaching style
- Module 5: Difficulties of low-skilled immigrants
- Module 6: What skills are needed?
- Module 7: Students with special needs
- Module 8: Creating rapport
- Module 9: Communication styles
- Module 10: Facilitating mindset
- Module 11: Creating and adapting learning materials
- Module 12: Using technologies
- Module 13: Understanding the difficulties and needs of adult migrant learners

### Find the right unit!

You are of course welcome to complete the entire online course. However, you can only read through different units you are interested in. The units are relatively short, but cover a wide range of topics that are essential to motivate learners with a migrant background to engage in lifelong learning activities and to help them develop a growth mindset.

Not everybody has the same amount of time to learn on the course or the same learning speed. Maybe you are relatively new to the topics and need more time for a unit. Or maybe you have already heard about the different topics and just wanted to refresh your knowledge. The course has something for everyone.

## Using the online course

The online course can be accessed via the “bit EU academy” platform. The easiest way to get there is <https://europe-projects.client.miles-learning.com/group/3649/?wt=c9f3efe8-4b07-4df0-b433-717ab21edc79>

### Step 1: Registration and login

To make learning easier for you, you can change the language of the platform by clicking on the language menu at the bottom of the page. The course is currently available in English. The other languages (German, Spanish and Slovenian) will follow soon.



Once you have selected your preferred language, enter your e-mail address and confirm that you are not a robot.

### Step 2: Check mailbox and login

Then check your inbox for the e-mail address you used to verify your account: Just click on the link in the bit Europe message.



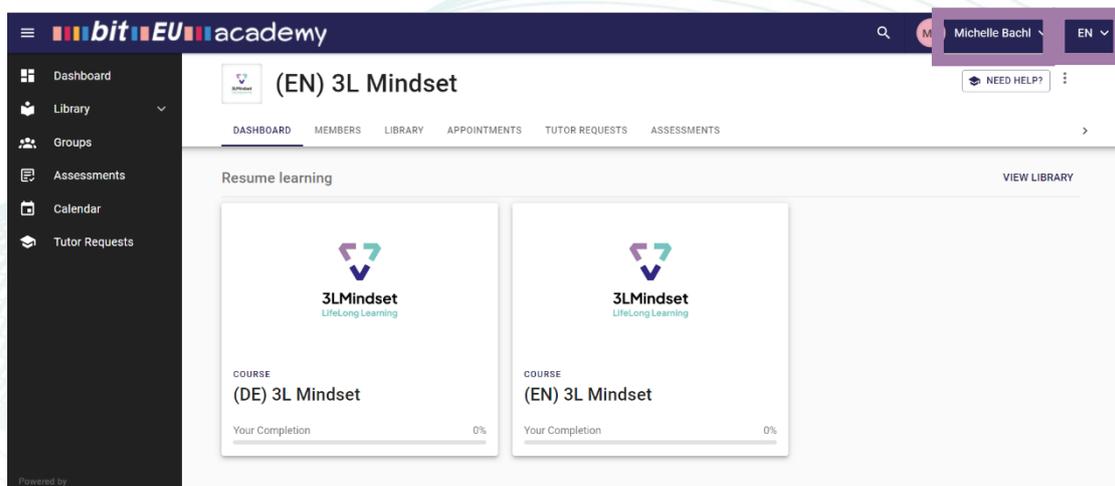
You will then be asked to enter your first and last name (or a pseudonym if you prefer) and to choose a password that you will use to access your account in the future. You can then register and log in.



Create an account

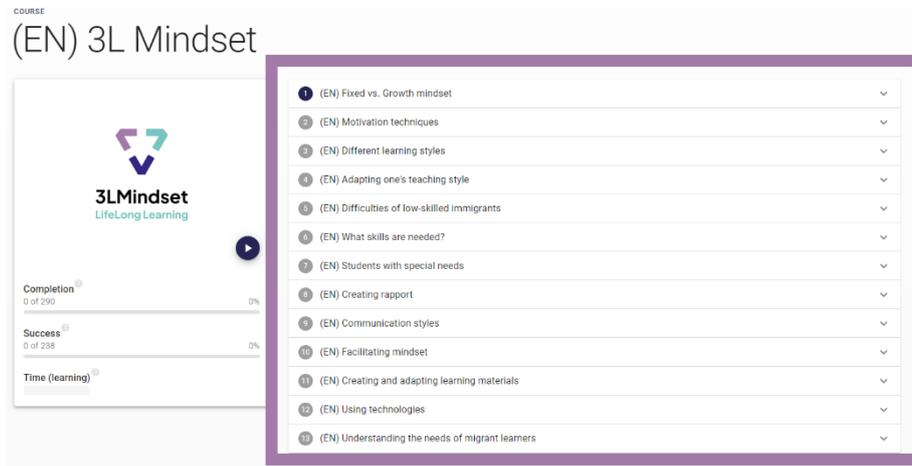
Already have an account? [Log In now.](#)

When you log in for the first time, you will find the homepage and the course dashboard:



If you want to change your user details, including your **username**, click on the initial's icon on the right-hand side of the top menu bar. You can also change the **language of the interface** by clicking on the down arrow on the far right. (Please note that the 'Calendar' and 'Teacher requests' tabs are not active for this course).

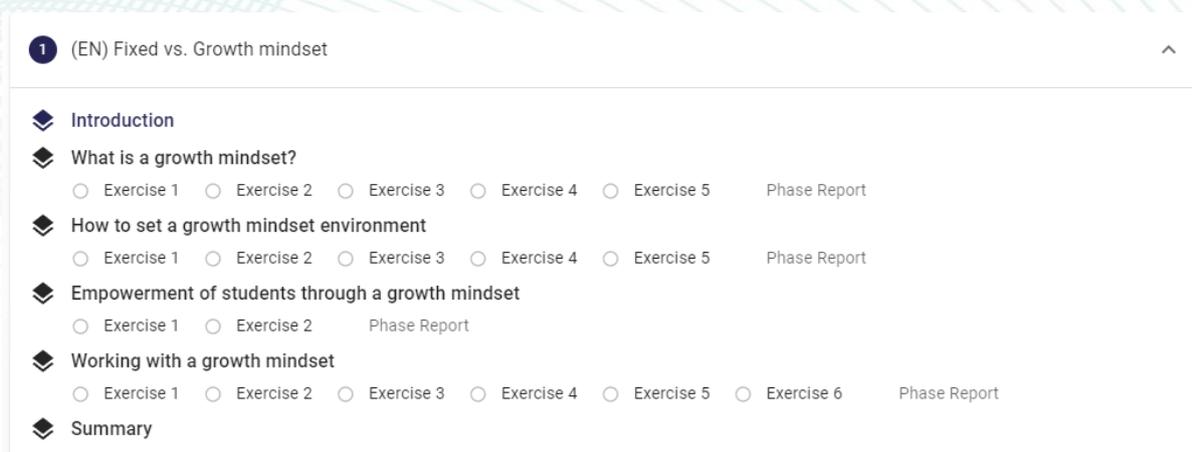
Click on the course you would like to study and you will see the outline of the course: The menu on the **right** shows the different learning units available for study. The menu on the **left** shows your progress of learning on the course:



**Completion (0 of 299):** The entire course contains a total of 290 learning units; this includes the sub-sections of the 13 main learning Units. The completion menu shows the number of units you have completed so far.

**Time (learning)** shows how much time you have spent on the course so far.

When you click on a particular **learning unit**, you will see a brief overview of the contents:



The **Introduction** contains a preview of the learning unit and a short introductory video focusing on some theories/definitions that are important for the learning unit.

### Introduction



Get ready to embark on an exciting journey into the world of Growth Mindset! This module is your gateway to a transformative tool that is revolutionising how adult educators and learners tackle challenges and embrace opportunities. Imagine a learning experience where obstacles become stepping stones, and every challenge is an opportunity for growth. That's the power of a growth mindset, and in this module, you'll discover how to harness it.

Throughout this module, you will uncover essential skills, strategies, and insights to:

- Foster a vibrant and dynamic learning environment.
- Ignite and sustain enthusiasm in yourself and others.
- Cultivate resilience in the face of setbacks.
- Inspire a lifelong passion for learning that fuels continuous growth.

At the end of each learning unit, you will find a **summary** of the topics and a short practical video describing a case study.

## The summary

This module has presented a range of approaches and strategies to help teachers recognise the diversity of learning styles of their students and use them effectively in their teaching. By considering different learning styles, teachers gain valuable insights into the individual preferences of their learners, enabling them to personalise and differentiate the course.

Identifying learners' learning styles provides the basis for taking targeted action to develop learning strategies tailored to learners' individual needs and preferences. It also shows how teachers can create a supportive learning environment that has a positive impact on learner engagement, motivation and learning outcomes. By implementing these approaches, teachers can help their learners to learn more effectively and to achieve their full potential. This script therefore offers not only theoretical insights but also practical guidance for teachers to improve their pedagogical work and create a supportive learning environment that takes into account the individual needs of learners.



The learning units contain **short texts in colored boxes** covering important notes, definitions, hints or practical examples of the unit and may also include links to external websites and/or learning videos for further information.

You will see several coloured boxes highlighting important information. The following table gives an overview of the meaning of each box:

**Definition**

A growth mindset is the belief that intelligence and abilities can be developed through dedication, effort, and resilience. It stands in contrast to a fixed mindset, which assumes that intelligence and abilities are fixed traits.

Colour	Heading	Content
Grey	Practical Relevance	Practical ideas about how to use this information
Green	Hint	Brief comments on information in the text
Red	Important	Important information
Orange	Example	Example of explanation in the text

## Checking your understanding

At the **end of each unit**, you will find **some exercises** to test how well you have understood and/or remembered what you have read.

The exercises are available in a variety of formats:

### Exercise 1

What is a growth mindset?

- The belief that intelligence and abilities can be developed through dedication, effort, and resilience.
- The notion that only some people are capable of learning new things.
- The idea that learning should be easy and without challenges.
- The belief that intelligence and abilities are fixed traits.

Choose the correct words:

**learning styles – learning experience – four – three – theories – summaries**

In his model of \_\_\_\_\_, Kolb describes the learning process as a continuous cycle consisting of \_\_\_\_\_ phases. Having experiences, thinking about them, setting up \_\_\_\_\_ and trying them out. This 'learning cycle' is then continually repeated to deepen the learning.

SHOW SIMPLIFIED VIEW

Feedback from teachers and peers

Learning Style Tests

Observation in the course

Use of learning diaries

Questions about preferences regarding sensory modalities, learning environments, and interaction styles

Processing of reflection questions

Behavior and reaction during the course

Constructive discussions

## Receiving feedback

### Exercise 3

Choose the correct words:

learning styles – learning experience – four – three – theories – summaries

In his model of learning styles ✘ Kolb describes the learning process as a continuous cycle consisting of four ✔ phases. Having experiences, thinking about them, setting up theories ✔ and trying them out. This 'learning cycle' is then continually repeated to deepen the learning.

Need help with the exercise? [See solution](#)

TRY AGAIN

CONTINUE

When you have completed each exercise, click **Check** and you will immediately see if your answers were correct. Correct answers are highlighted in green and incorrect alternatives are highlighted in red.

If all your choices are green, your answer is correct, and you can continue with the course. If any of your choices are red, your answer is incorrect, and you should try the exercise again; click the **Try Again** button.

At the end of each session, you will see a **Phase Report** summarising how well you have done. In this case, Exercise 2 is still incorrect. If you like, you can go back to the exercise and try again before continuing with the next session.

EXERCISE PHASE

### Phase Report

4 of 5 completed

✔ Exercise 1  
Single Choice

✘ Exercise 2  
Single Choice

✔ Exercise 3  
Single Choice

✔ Exercise 4  
Single Choice

Exercise 5  
Single Choice

BACK

Exercise 5

CONTINUE

Creating digital documents

## Work at your own pace and time

You can spend as much time as you like on each unit and revisit the same sections as often as you like. Watch videos, follow links and try things out for yourself! The more time you spend on the modules, the more you will learn about how to foster a growth mindset among adult learners with a migrant background and how you, as a trainer, can motivate migrant learners to engage in lifelong learning activities. If you want to take a break and return to a unit later, just log back in when you're ready and pick up where you left off.

You can decide what content units you want to learn. There is also no order of the modules, which means that you can start with the module and sub-chapter you would like to, and you are most interested in.

**Now, let's log in, start the course and enjoy learning on this platform!**



**3LMindset**  
LifeLong Learning



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