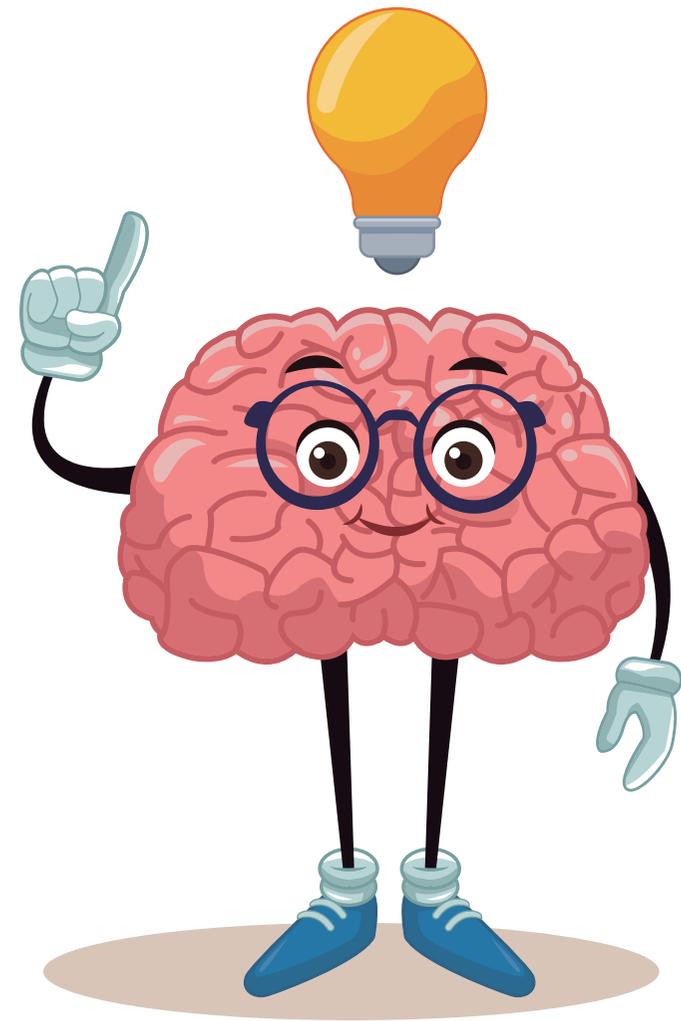
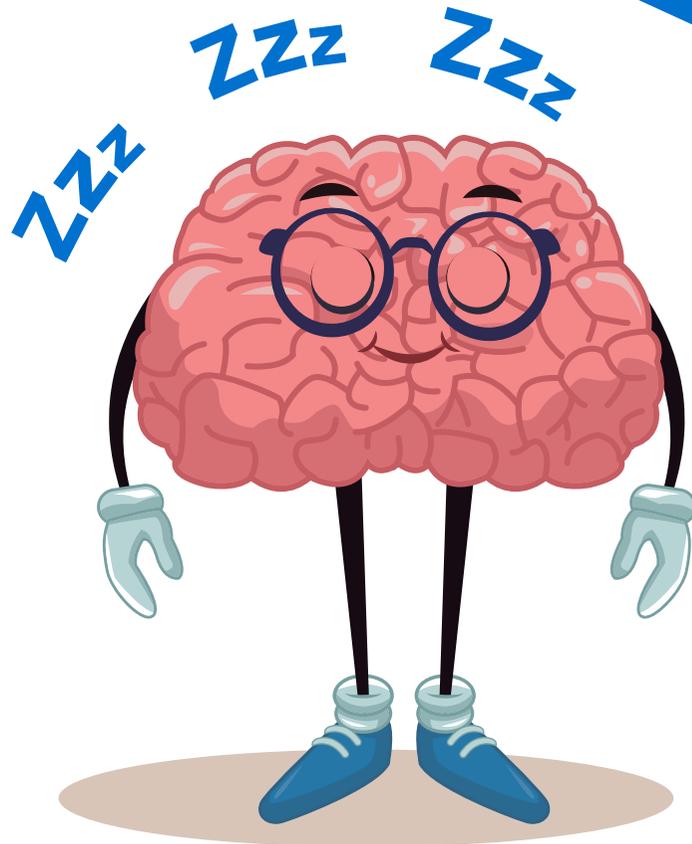


MY MINDSET



FIXED AND GROWTH MINDSET



AIMS



- To learn about what a mindset is and the difference between a fixed and a growth mindset.
- To learn how a growth mindset can help us succeed in school and in life.

OUTCOMES



At this end of this lesson you will be able to:

- Identify growth and fixed mindsets.
- Explain what it means to have a growth mindset.
- Apply this new learning to your studies/your life.

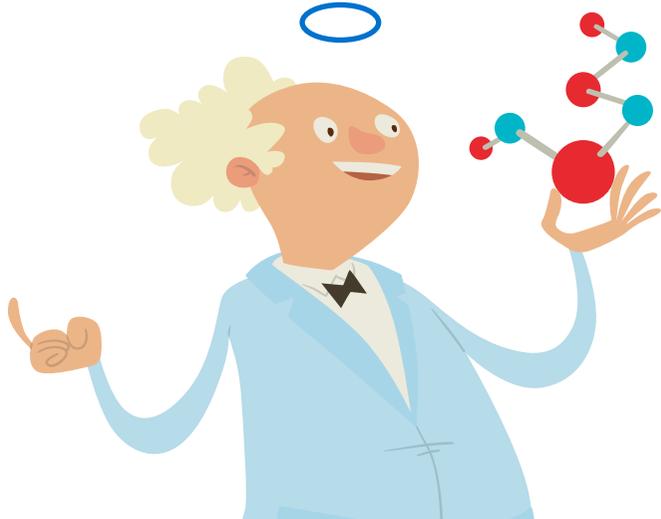
WHAT IS A MINDSET?

Put simply your
mindset is your
attitude



WHAT SCIENTISTS BELIEVE ABOUT OUR BRAINS...

In the past scientists believed that no matter how hard you worked your intelligence stayed the same! This attitude was called a 'fixed mindset'



Nowadays

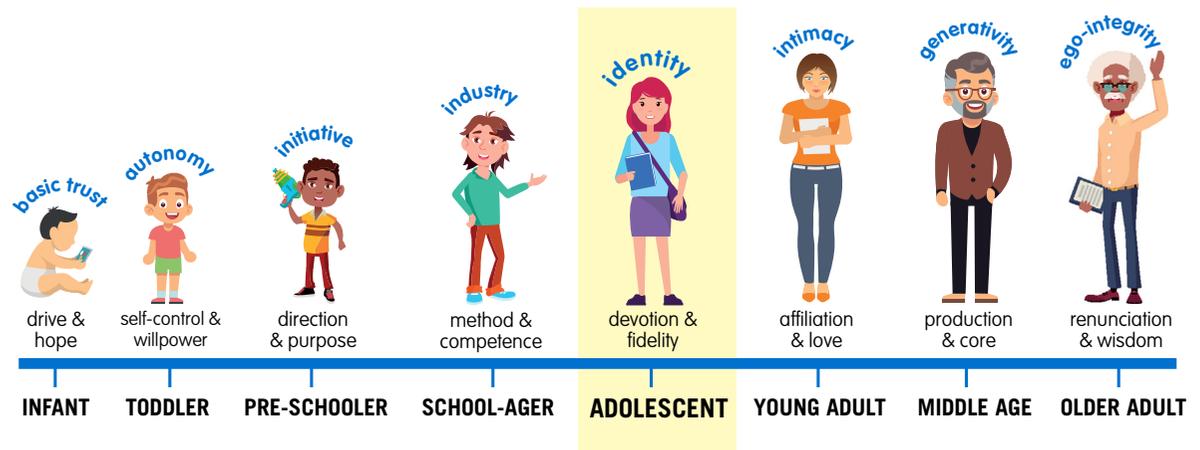
Scientists believe that our brain grows and that we all have the same chance of being as brilliant as each other. But! In order to do this they believe we must have the right attitude! This is called having a Growth Mindset!



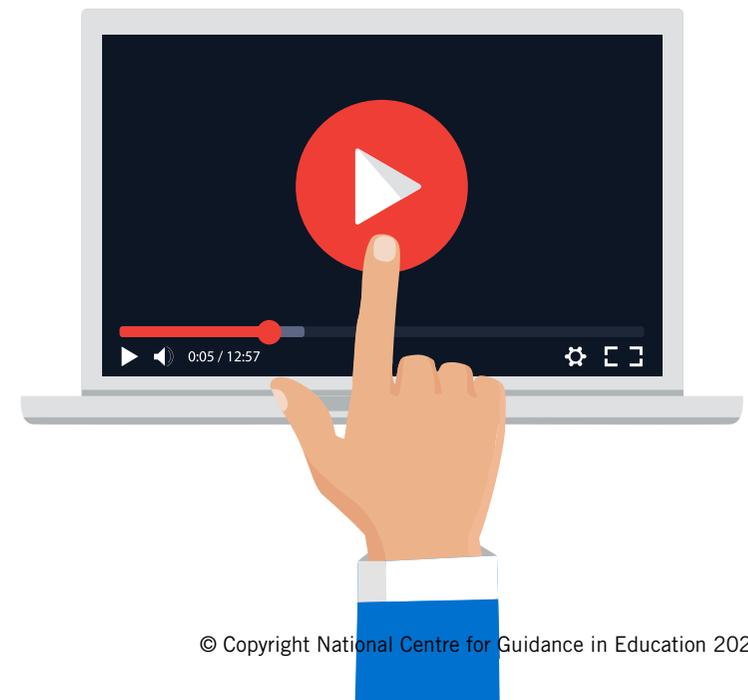
THE BIGGEST EXAMPLE OF BRAIN GROWTH IS YOU

- For a moment think about when you were a baby! There were many things that you could not do when you were a baby that you can do now! For example when you were a baby you weren't able to talk, to walk, to tie your shoelaces, to read, to write and yet you are able to do all of these now! This shows that your brain has grown to learn all of these new things! You can learn anything!

ERIKSONS THEORY OF HUMAN DEVELOPMENT HAS 8 STAGES

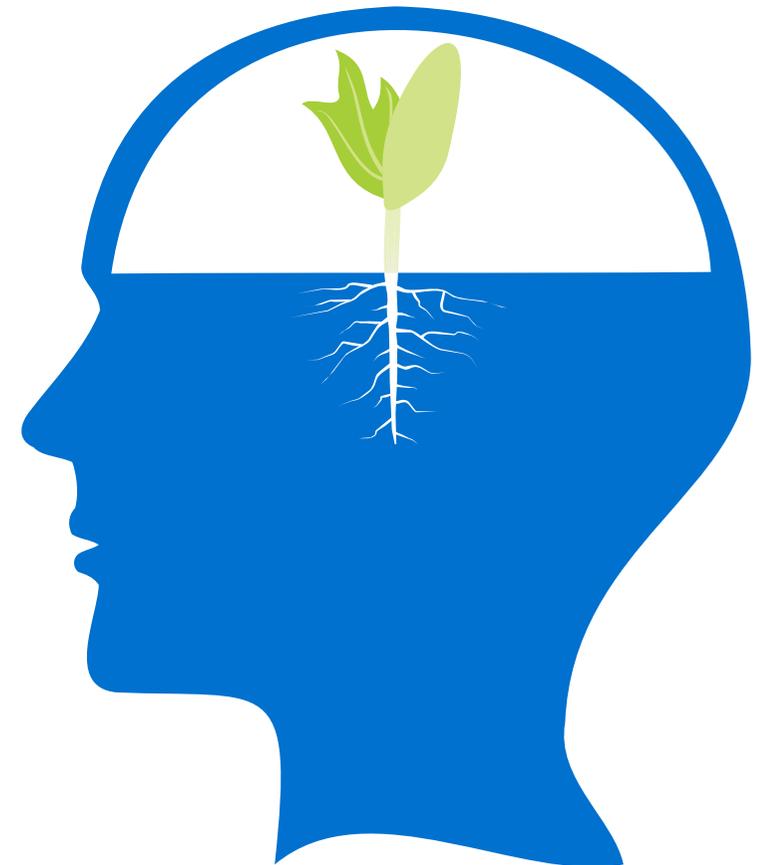


- Can you remember how hard it was when you started to read? The words seemed big and difficult and you may have even put your finger under the word to follow each word in the sentence! Everyone struggles with it; we all struggled with it but we have improved and now we can all talk, walk, tie our shoelaces, read etc. All of these tasks got easier and we became faster at them through practice.
- So, this shows that you can grow your brain by challenging yourself and working hard to learn new things.
- <https://www.youtube.com/watch?v=JC821l2cjqA&feature=youtu.be>



WHAT IS GROWTH MINDSET?

- A growth mindset is about believing people can develop and improve their abilities, while a “fixed mindset” is about believing intelligence and abilities are inborn and cannot change dramatically.
- A growth mindset is a belief that a person can get smarter or better; that effort makes someone stronger.
- Therefore, even when experiencing failure, with extra time and effort, someone can be successful.
- Our intelligence or skill level isn't fixed – it can grow or change.



“I give up easily”

“My potential is pre-determined”

“Failure is the limit of my abilities”

FIXED MINDSET

“Failure is the limit of my abilities”

“I avoid challenges”

“I stick to what I know”

“I will never improve”

“I am either good at it or I am not”

**“There is no point
trying it”**

“I like to try new things”

“I can learn to do what I want”

**“Failures offer opportunity
& growth”**

GROWTH MINDSET

“My intelligence can be developed”

“I embrace challenges”

“I learn from feedback”

“I keep trying and never give up”

“I am inspired by other people’s success”

**“I know this will help me
even though it is difficult”**

**“My mistakes help
me grow”**

EXAMPLES OF PEOPLE WITH A GROWTH MINDSET.....

WHO ARE THEY AND WHAT WAS THEIR IMPACT....



Larry Page

Larry Page co-founded Google but at the start he struggled to convince others of its value... but he overcame this setback by “Having a healthy disregard for the impossible”.

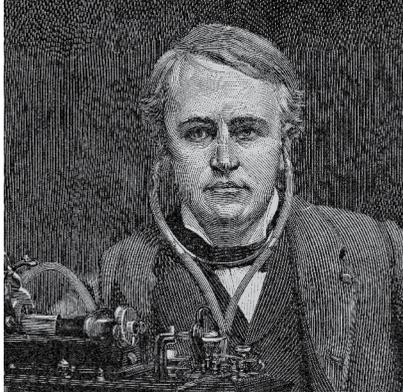


Katy Perry

When she was young, Katie Perry’s family relied on church foodstamps to survive.

Katy Perry became one of the “top-earning women” in the United States three years in a row.

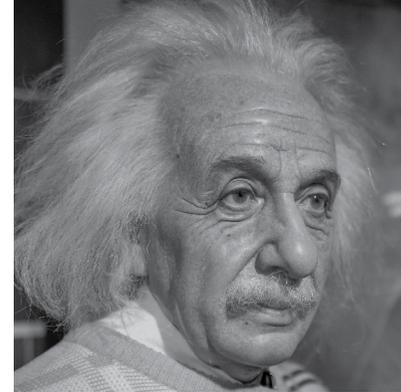
“I came from nothing and created this world on my own strength”.



Thomas Edison

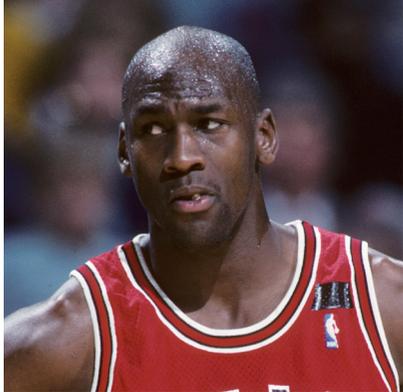
Thomas Edison was an inventor of many things e.g. the light bulb.

Edison did not have an easy road to success. Of failure he said “I have not failed, I’ve just found 10,000 ways that won’t work.”



Albert Einstein

Albert Einstein was a German mathematician and physicist. He would often say ‘It’s not that I’m so smart; I just stay with problems longer.’



Michael Jordan

Michael Jordan is considered to be the greatest basketball player of all times.

“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times, I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”



Bethany Hamilton

Bethany lost her left arm and over 60% of her blood in a tiger shark attack. Despite the trauma of the incident, Bethany returned to surfing just one month after the attack, and just three months later entered a major competition.

“Life is a lot like surfing... When you get caught in the impact zone, you’ve got to just get back up. Because you never know what may be over the next wave.”

THE ICEBERG ILLUSION

SUCCESS

What people see

SUCCESS IS AN ICEBERG!

What people don't see

Persistence



Failure



Sacrifice

Disappointment

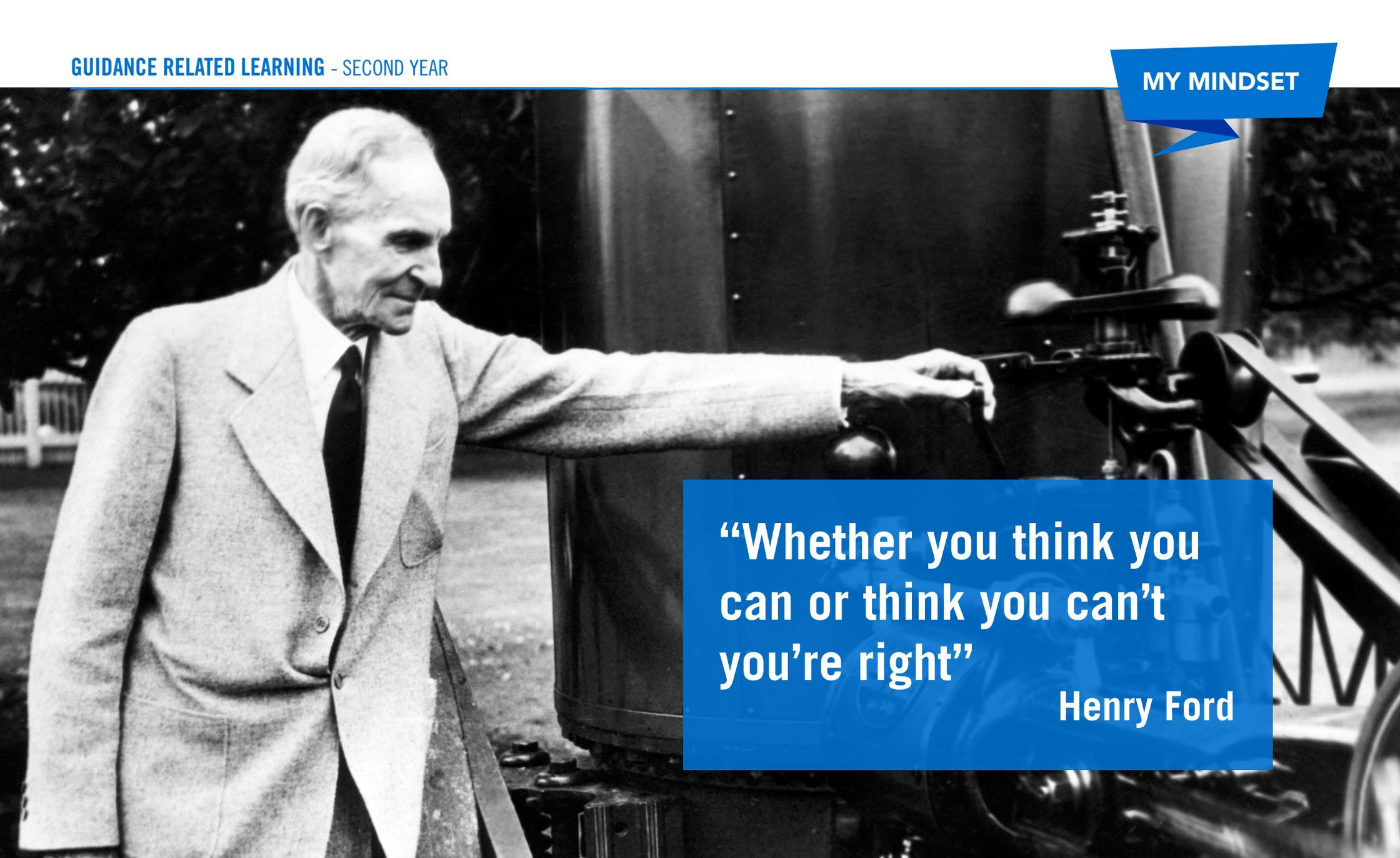
Dedication



Hard Work

Discipline



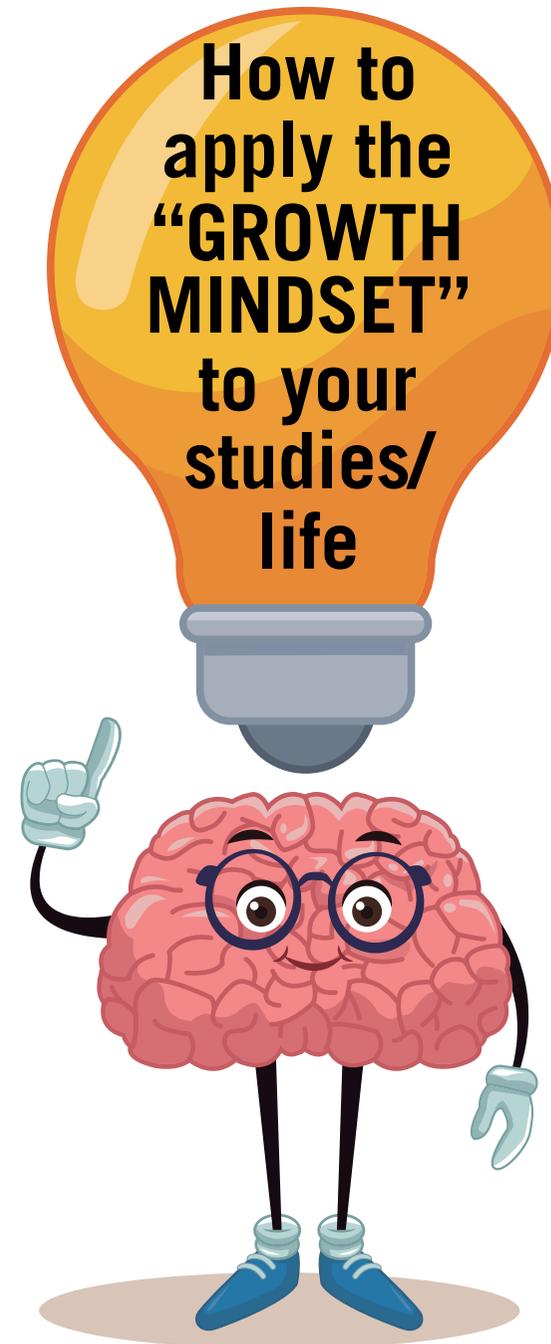
A black and white photograph of Henry Ford, an elderly man with white hair, wearing a light-colored suit jacket, a white shirt, and a dark tie. He is standing outdoors, leaning his right arm on the side of a large, dark-colored car engine. He is looking down at the engine with a slight smile. The background shows some foliage and a fence.

**“Whether you think you
can or think you can’t
you’re right”**

Henry Ford

Henry Ford developed a car company.... How many of you have seen a Ford car?

OVER TO YOU...



YOU CAN DO IT!

- Sometimes, when we are faced with something challenging or a problem we feel we cannot fix we can become upset and anxious and we sometimes give up without really trying.
- Instead of instantly turning on fixed mindset thoughts STOP take some deep breaths, calm down and approach your task with a growth mindset.

from
IMPOSSIBLE
to
I'MPOSSIBLE

HOW TO USE A GROWTH MINDSET

1.

Hear and acknowledge your fixed mindset voice.

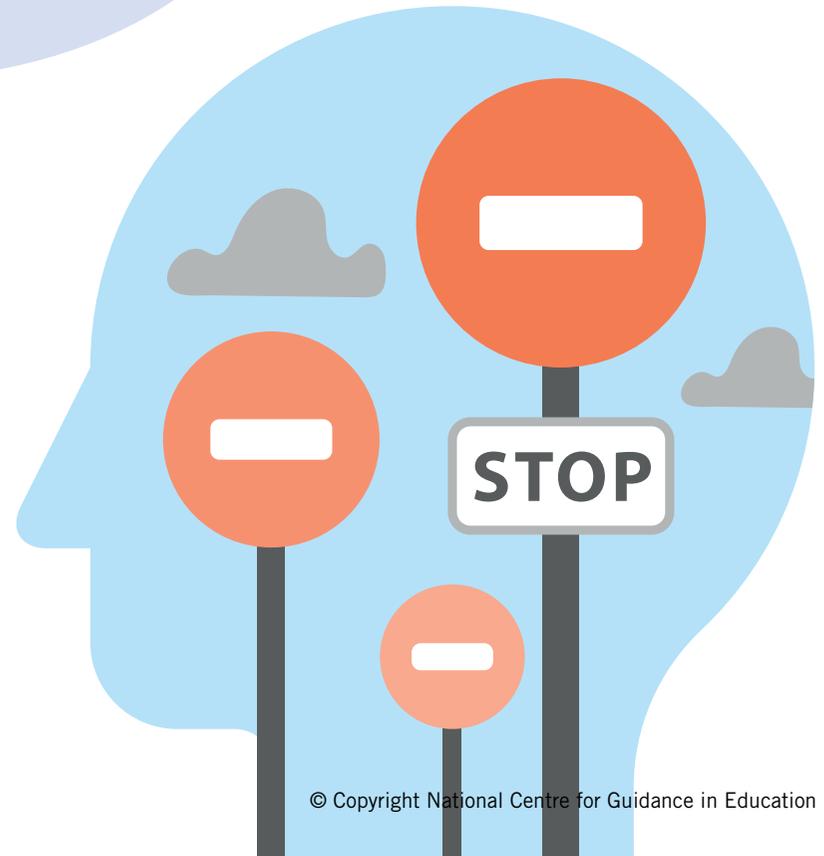
For example:

I cannot do this maths equation.





2.
STOP! Choose to change your attitude and to adopt a growth mindset voice.





3.

Speak to yourself with a growth mindset.

For example:

I am going to try to do this maths equation





3.
Act with a Growth Mindset

For example:

Using the examples in the book, I will try to do this maths equation again.



WHICH VOICE WILL YOU HEAR?

At times it is common to have both a fixed mindset and a growth mindset talking to us and competing for our attention.

Sometimes we listen to our fixed mindset and think
“I give up”
“I can’t do this!”.



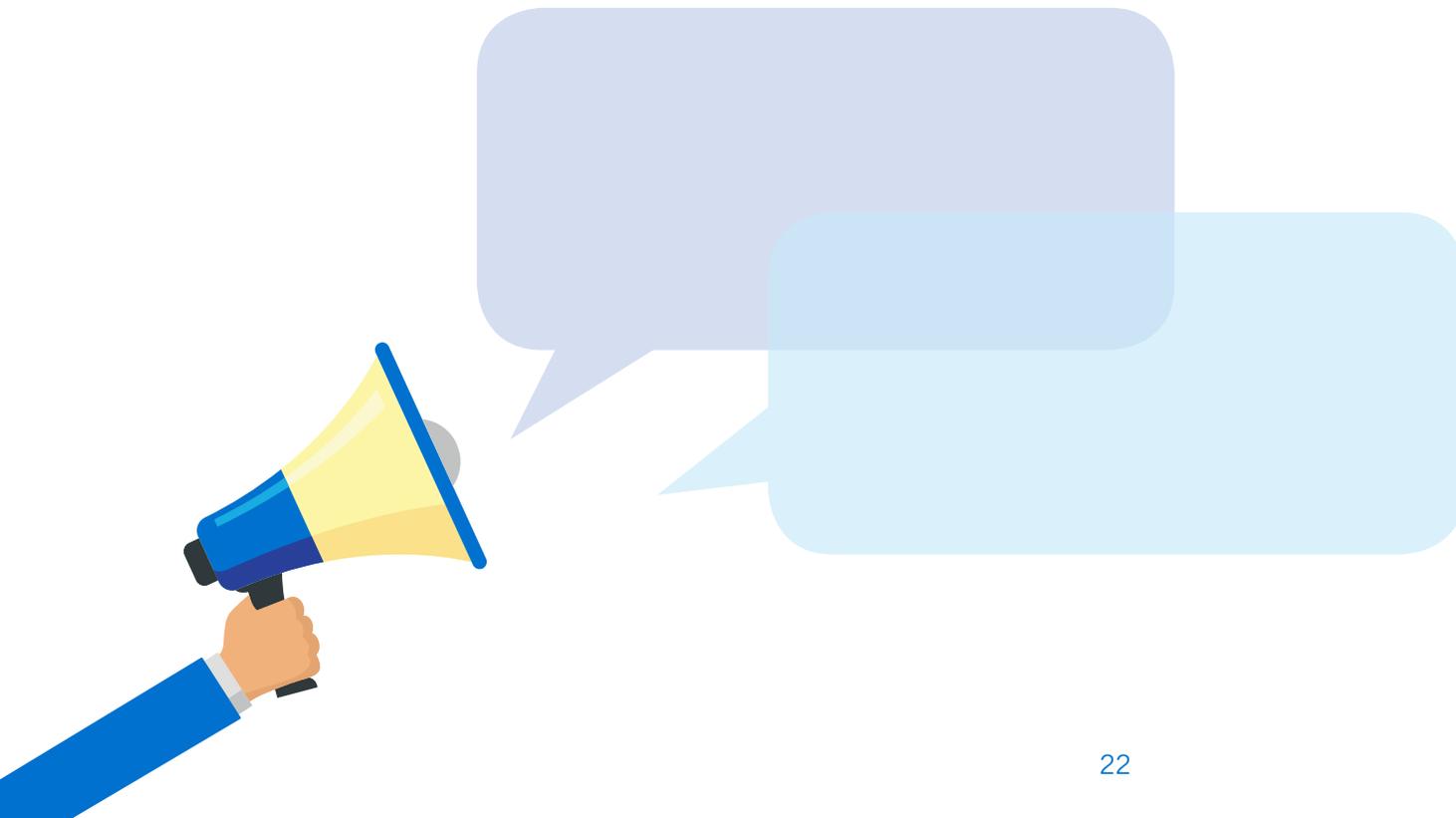
Other times we listen to our growth mindset. We say to ourselves,
“I can do this!”
and think,
“I’m not giving up!”



It is important that we practice Growth Mindset Statements!

WORKSHEET....

Please fill in “My Growth Mindset Statements Worksheet”



**WORKSHEET
POSSIBLE ANSWERS:**

**MY GROWTH MINDSET STATEMENTS
I CAN CHANGE MY MINDSET WITH MY WORDS!**

Instead of saying:

I am not good at this

I can say:

I am not good at this YET but I will learn

Instead of saying:

I am not as smart as my friend

I can say:

I am in charge of how smart I am because I can change my brain by learning hard

Instead of saying:

I won't try because I might fail

I can say:

If I fail, I will try again until I succeed

Instead of saying:

This is too hard

I can say:

If something is hard it means I am learning

Instead of saying:

I can't do this

I can say:

I can do this but first I need some feedback and help from others

Instead of saying:

I made a mistake

I can say:

This is my first attempt in learning

Instead of saying:

I give up

I can say:

I will succeed if I put in more effort and use a better strategy

Instead of saying:

I am afraid I will make a mistake

I can say:

When I make a mistake, I will learn from it and get better

Instead of saying:

It's good enough

I can say:

Is this my best work yet?

Instead of saying:

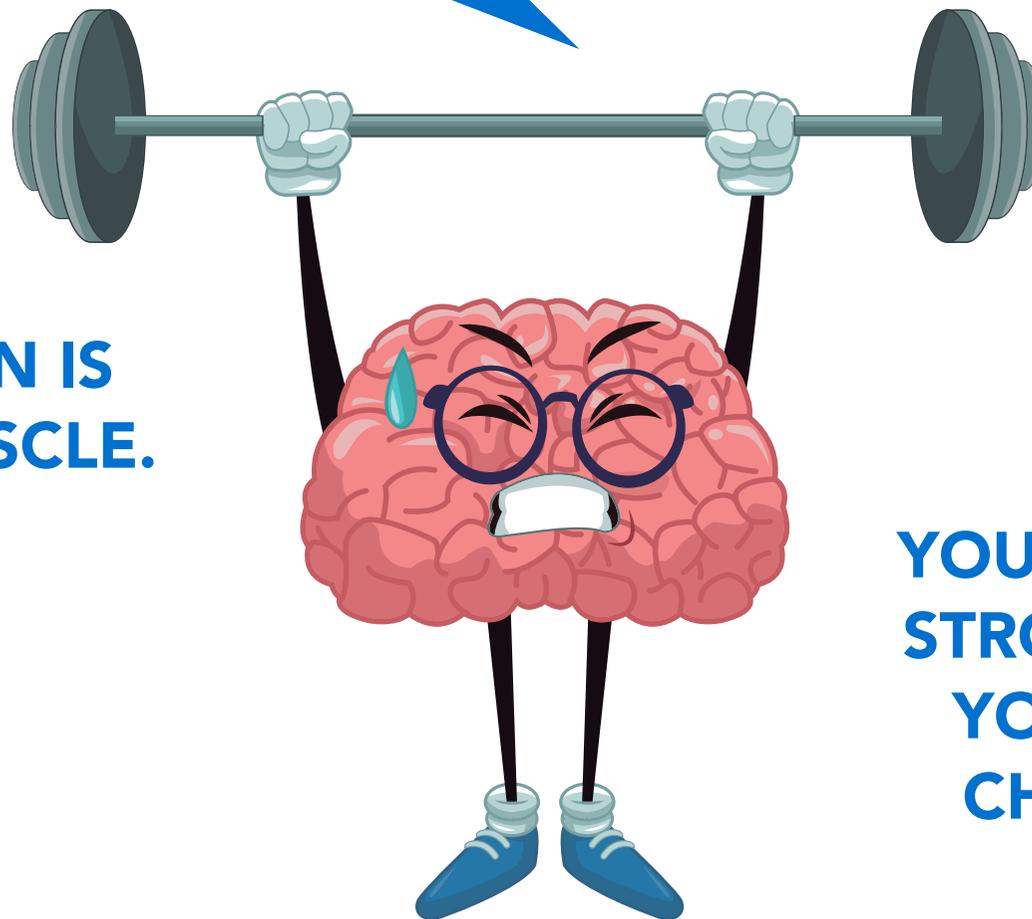
I am really good at maths

I can say:

I understand this because I have been practicing



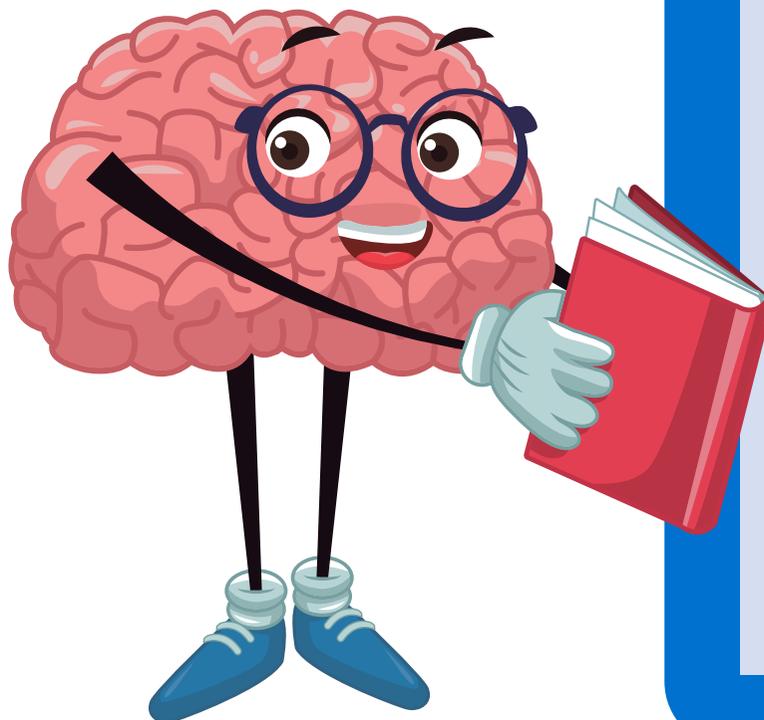
REMEMBER...



**THE BRAIN IS
LIKE A MUSCLE.**

**YOUR BRAIN GETS
STRONGER WHEN
YOU EMBRACE
CHALLENGES!**

OVER TO YOU...



Exercise 2:

- Select a subject/an event in your life where you could use your growth mindset.
- What change will you make to the way you think about this subject/this life event? What will you say to yourself?
- How do you think you will feel when you use a growth mindset?

REVIEW

Can you...

- Identify growth and fixed mindsets?
- Explain what it means to have a growth mindset?
- Apply this new learning to your studies/your life?