

Growth Mind-set

Post-16

To be used alongside the Growth Mind-set 2020 – Post 16 video. Please do not skip ahead as this will spoil some of the activities and games.



Name _____

Activity 1: Self-Evaluation (Slide 6)

Spend 5 minutes looking at the pre-made list of common thoughts and feelings many students experience.

Self-Evaluation			
I can't achieve the right grades to get into University	I'm going to fail anyway so I won't bother trying	I don't know what a personal statement so I can't apply to university	I am either good at a topic or not
I don't understand what this text means	I should be more like that person	Writing flashcards for revision does not help me remember which means I will fail my exams	Challenges are difficult so instead I will do the easy things
I got a bad mark last time which means I'm bad at history	I didn't achieve one of the best grades in class which means I am a failure	Long division is a lot to figure out so I won't bother	I wasn't born smart enough which means it's fixed
I don't understand life processes which means I'm bad at science as a whole	I don't know what I'm doing when it comes to doing an exam	I can only do as much as I know now	My teacher gave me a bad mark last time so clearly she doesn't like me

Notes:

Activity 2: Self-Motivation (Slide 8)

Spend 5 minutes looking at the second column and coming up with ideas on what someone can say instead using words such as **YET** and **LEARN**

Example

Self-Evaluation (Instead of saying):	Self-Motivation (I will say):	Action Plan (I will do):
I am not good at maths	I am not good at maths YET but I will LEARN	I will do more revision on my algebra because that is a topic area which I can improve in
I can't achieve the right grades to get into University		
I don't understand what this text means		
I got a bad mark last time which means I'm bad at history		
I don't understand life processes which means I'm bad at science as a whole		
I'm going to fail anyway so I won't bother trying		
I should be more like that person		
I didn't achieve one of the best grades in class which means I am a failure		
I don't know what I'm doing when it comes to doing an exam		
I don't know what a personal statement so I can't apply to university		
Writing flashcards for revision does not help me remember which means I will fail my exams		
Long division is a lot to figure out so I won't bother		
I can only do as much as I know now		
I am either good at a topic or not		
Challenges are difficult so instead I will do the easy things		
I wasn't born smart enough which means it's fixed		
My teacher gave me a bad mark last time so clearly she doesn't like me		



Ways to learn (Slide 10)

How do you learn best?

Listening to podcasts

Group discussions

Using spider diagrams

Watching a documentary

Listening to a pre-recorded audio

Answering questions

Watching a YouTube video

Listening to an audiobook

Speaking out loud to recite information

Using visual aids such as charts & graphs

Re-reading notes from class

Reading a book

Imagination to tell a story

Acting it out

Reading online blogs & forums

Annotating a text

Writing out flashcards

Reading over your revision notes

Quizzing yourself

Writing the same information out multiple times



Notes:

Activity 3: Action Plan (Slide 11)

Now that you've looked at some different ways to learn, go back to your worksheet and spend 5 minutes coming up with a way to achieve those goals.

Example

Self-Evaluation (Instead of saying):	Self-Motivation (I will say):	Action Plan (I will do):
I am not good at maths	I am not good at maths YET but I will LEARN	I will do more revision on my algebra because that is a topic area which I can improve in
I can't achieve the right grades to get into University		
I don't understand what this text means		
I got a bad mark last time which means I'm bad at history		
I don't understand life processes which means I'm bad at science as a whole		
I'm going to fail anyway so I won't bother trying		
I should be more like that person		
I didn't achieve one of the best grades in class which means I am a failure		
I don't know what I'm doing when it comes to doing an exam		
I don't know what a personal statement so I can't apply to university		
Writing flashcards for revision does not help me remember which means I will fail my exams		
Long division is a lot to figure out so I won't bother		
I can only do as much as I know now		
I am either good at a topic or not		
Challenges are difficult so instead I will do the easy things		
I wasn't born smart enough which means it's fixed		
My teacher gave me a bad mark last time so clearly she doesn't like me		



Reminder: Why is Growth Mind-set beneficial? (Slide 13)

- **It's all down to YOU!**

Having a growth mind-set is something that anyone can do to help them achieve more and practice makes perfect, so doing activities like these will help you become more comfortable with using growth mind-set more frequently

- **Instead of avoiding challenges, embrace them!**

This will help you to be open to endless opportunity instead of shying away at the first hurdle! Remember that if you don't succeed the first time, there is ways to learn and improve.

- **Instead of being knocked down by your mistakes, learn from constructive criticism**

Remember that when you receive a piece of work back that has a mark that you're not very happy with, it is not YOU being assessed, it is your WORK.

The Iceberg Illusion (Slide 14)



Photo credit to Sylvia Duckworth (twitter: @sylvia duckwoth)

