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# Growth Mind-Set

Teacher-led workshop (Pre-16)

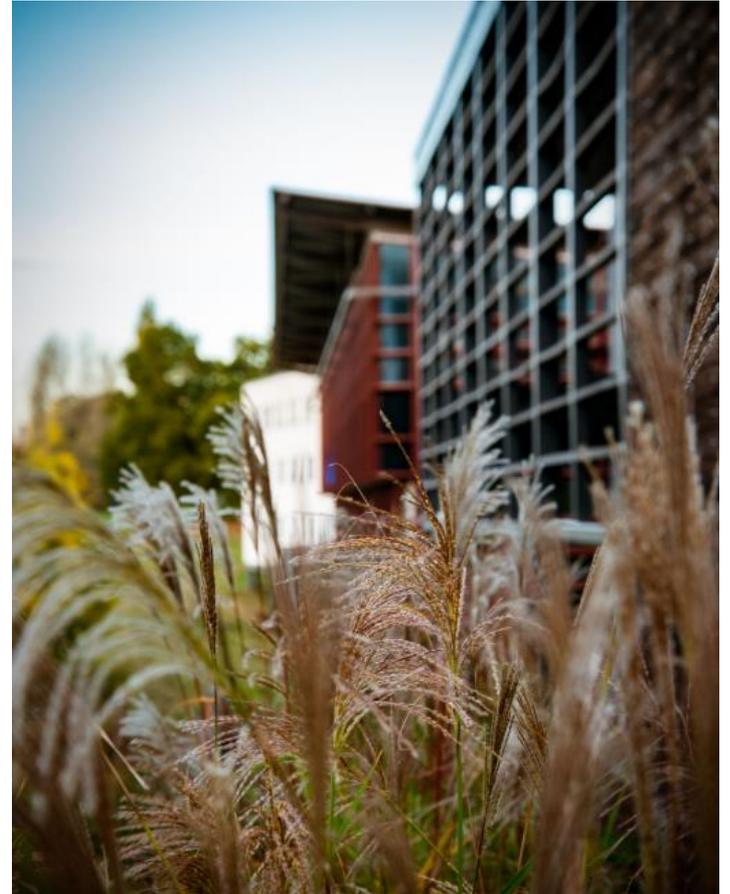
Produced by the Outreach Team at  
the University of Essex

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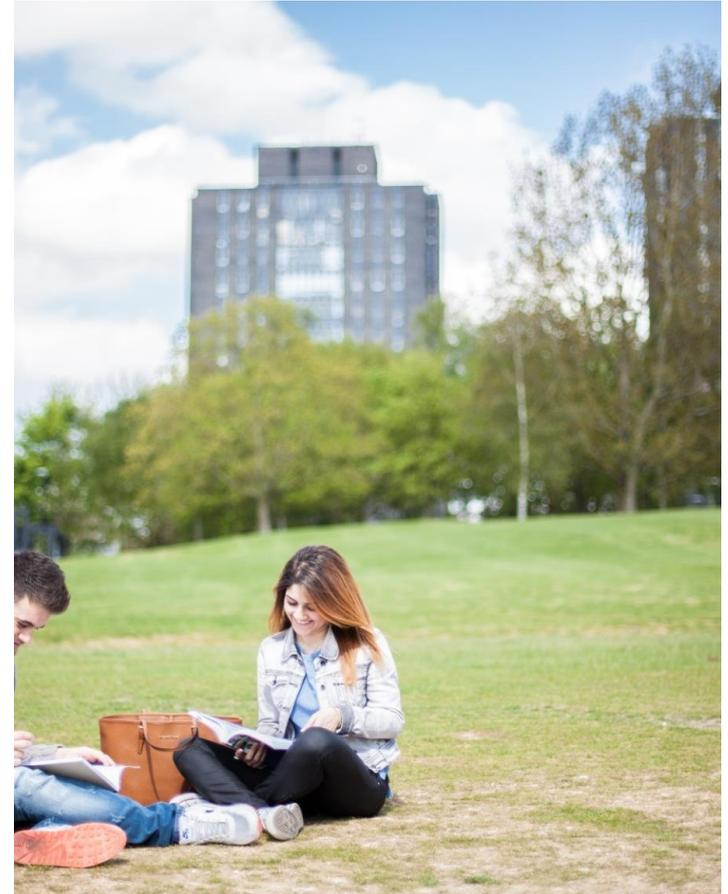
# Learning Objectives

- **To understand what a growth mind-set vs a fixed mind-set**
- **Identify the benefits of having a growth mind-set**
- **Explore ways of using a growth mind-set**
- **Explore the language that is used with growth mind-set and why this is important**
- **Make an action plan for practicing growth mind-set**



# Growth Mind-Set: What is it?

- **Growth mind-set is a theory suggesting that intelligence can be developed**
- **It means that people are not simply born ‘smart’ but this is something that can be learned overtime**



# Growth Mind-Set vs Fixed Mind-Set

Watch this video...



FIXED



GROWTH

MINDSETS

# Why is it beneficial?



- **Having a growth mind-set can allow you to achieve more, from learning a different language to achieving better grades.**
- **You begin to think in a more optimistic way.**
- **See failure as an opportunity to learn rather than a permanent state to be in.**
- **Having a growth mind-set means you're less likely to give up at the first hurdle!**



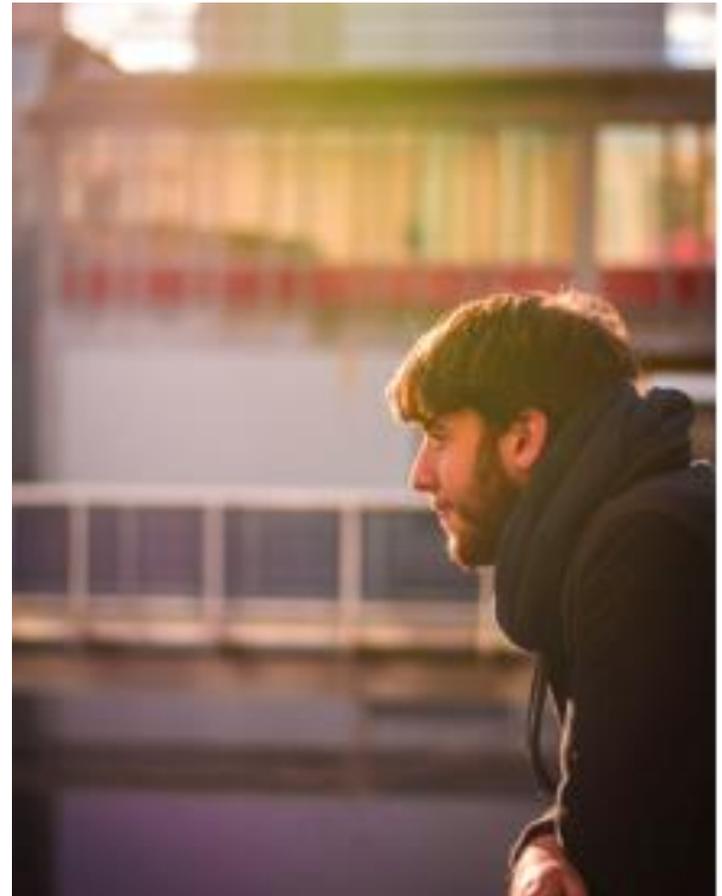
# Activity 1: Self-Evaluation

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

**Think about:**

- **How may thinking like this effect a person?**
- **What may make someone to think like this?**
- **What can a person do to avoid thinking like this?**
- **Are they 'bad' at a whole subject or just a topic within a subject?**

**When you're finished, go to the next slide.**



# Activity 2: Self-Motivation



Now that you have completed that say to yourself:

I can **CHANGE** my **MINDSET**

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**

**Hint: If you get stuck, the next slide is filled with some examples of growth mind-set vocabulary that may help!**



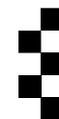
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# Activity 2: Self-Motivation



Here are some examples of words and phrases that you can use:

Instead of saying...	Say...
I am bad at maths	I am not the best at algebra <b>yet</b> but I can <b>learn by practicing</b> everyday
I am bad at speaking French	There's <b>room to improve</b> my ability to speak French
I am bad at English Literature	If I use the <b>right approach</b> to <b>practice</b> analysing a text I will <b>learn</b> better
I don't understand Geography	I am on the <b>right track</b> of <b>increasing my understanding</b> of Geography by <b>expanding my answers</b>



# How can we learn?

**In this section we will explore how to put our positive mind-set into practice and become the best we can be!**

**You may already know what approaches work best for you when it comes to learning.**

**The next slide explains a variety of different ways that people learn to help them expand their knowledge on a particular subject or topic area.**

**Have a look at these and mix and match the ones you use or want to try out.**



# How do you learn best?

Listening to podcasts



Listening to a pre-recorded audio

Group discussions

Answering questions



Using spider diagrams



Watching a documentary

Listening to an audiobook

Speaking out loud to recite information

Using visual aids such as charts & graphs

Watching a YouTube video

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



Writing the same information out multiple times

Reading over your revision notes



Quizzing yourself

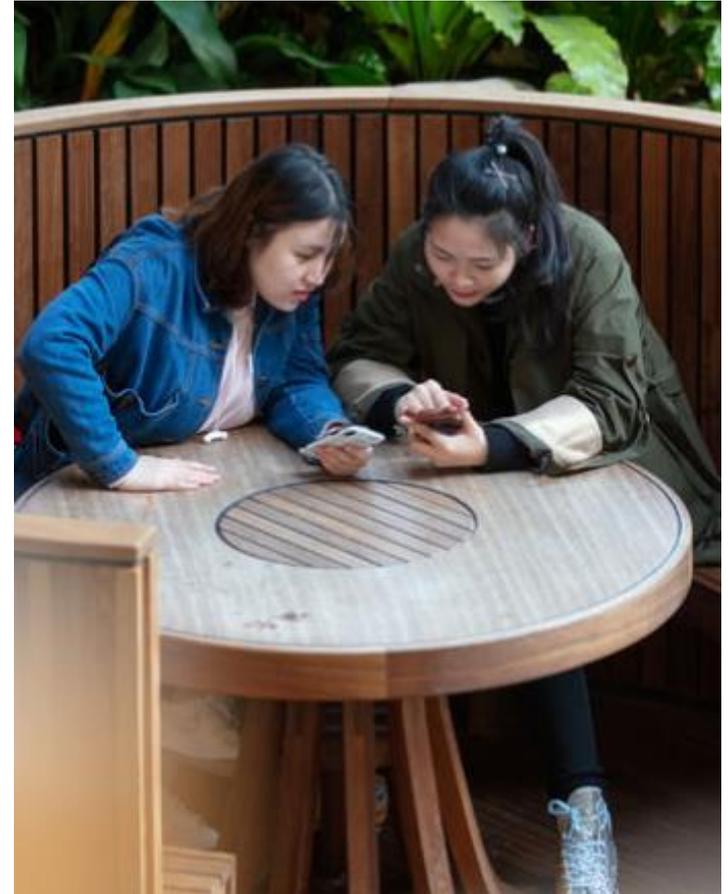


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# Activity 3: Action Plan

**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.**

**Hint: If you get stuck, an example is included in your worksheet!**



# How does it work?

**Well done for taking the first steps into changing your mind-set and starting to practice a growth mind-set.**



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# How were these exercises beneficial?



- **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 regularly

- **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.



# In conclusion: The Iceberg Illusion



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



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# Questions?

If you have any questions please send them to [www.sli.do](http://www.sli.do) and enter #GrowthMindset and one of the team will get back to you as soon as they can. Alternatively, you can email [outreach@essex.ac.uk](mailto:outreach@essex.ac.uk)



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