

# 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 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

<b>Self-Evaluation (Instead of saying):</b>	<b>Self-Motivation (I will say):</b>
I am not good at maths	I am not good at maths YET but I will LEARN
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	



## 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.

	<b>Self-Evaluation (Instead of saying):</b>	<b>Action Plan (I will do):</b>
Example	I am not good at maths	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	
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## 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.



## In conclusion: The Iceberg Illusion (Slide 14)



**Thank you for completing our Growth Mind-Set workshop, we hope you enjoyed it and learned something new!**

**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)**

### My Questions/Notes

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