



This simple worksheet provides 4 sections to work through with a class to establish an understanding of 'Growth Mindset', why it's important and how we can improve it within ourselves.

Section 1: Background

For teacher use or to be shared with the class

Carol Dweck is a psychologist at Stanford University and has devised the concept that there are two different types of mindset – FIXED MINDSET and GROWTH MINDSET. Young people with a growth mindset understand they can progress further through hard work, effective strategies and help from others when needed. It is contrasted with a fixed mindset: the belief that intelligence is a fixed trait that is set in stone at birth. People can have different mindsets towards different things e.g. a fixed mindset towards their ability to do maths, but a growth mindset towards their ability to play tennis.

Fixed Mindsets

- Intelligence is fixed.
- Challenges are avoided since failing suggests a lack of 'the intelligence' required.
- Effort is seen as pointless - if they don't 'get it' then it suggests they lack intelligence.
- Getting things wrong and receiving feedback is negative - it reveals limitations.

Growth Mindsets

- Intelligence can be developed.
- Challenges are embraced as it is believed that they can improve at a task.
- Effort therefore is seen as worthwhile - a path to mastery.
- Getting things wrong and receiving feedback is positive - it guides further improvement.

Section 2: Vlog from James Shone

Spend a few minutes watching the following video clip on Youtube where James Shone will give his own views on Growth Mindset and why it's so vitally important.

<https://www.youtube.com/watch?v=RT76r8A5wxE&t=3s>

Section 3: Class Discussion

Spend some time as a class discussing the following questions:

- What is a Growth Mindset and what is a Fixed Mindset
- Where does your own mindset come from?
- Why is it important to have a Growth Mindset?
- What are the challenges involved in maintaining a Growth Mindset?

Section 4: Class Activity

In pairs or small groups discuss the following questions and write down your answers. The answers could be written within pictures of balloons, or in a way that they could be displayed or presented as a class project.

1. Where should I have a growth mindset?

This involves thinking about areas in your life where you can improve. What would you like to become better at, or try harder at? What might you previously have thought is a 'no way' for you which you might now consider having a go at?

2. How am I going to achieve this growth mindset?

What might your 'action plan' be. Will I tell someone or others about what I'm trying to do so that I'm 'accountable' to someone? How do I motivate myself not to give up? What kind of evidence do I need that I'm actually making the effort to achieve my goal?