

Learning Objectives

- To understand what is meant by a growth mindset.
- To understand why challenging ourselves to improve in some way is good for our self-belief.
- To commit to at least one area where we can develop a growth mindset and set ourselves a challenge.

What is a Growth Mindset?

Carol Dweck is a psychologist at Stanford University who 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. There is no doubt, however, that a growth mindset and the ability to take on a challenge improves self-belief and promotes a ‘can do’ attitude towards life.

Fixed Mindsets	Growth Mindsets
<ul style="list-style-type: none">• Intelligence is fixed, it can't be changed.• 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.	<ul style="list-style-type: none">• 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.

Video clip from James Shone

Spend a few minutes watching the following video clip where James Shone gives his own views on Growth Mindset and why it's so vitally important: <https://www.youtube.com/watch?v=RT76r8A5wxE&t=3s>

Class discussion ideas

- Discuss the definitions of both growth mindset and fixed mindset and draw 2 spider diagrams on the board to demonstrate these.
- Discuss why it is so important to have a growth mindset.
- How does challenging ourselves to get better at something improve our self-confidence?

Worksheet – the following are included below:

- Worksheet
- Images depicting different types of Challenge

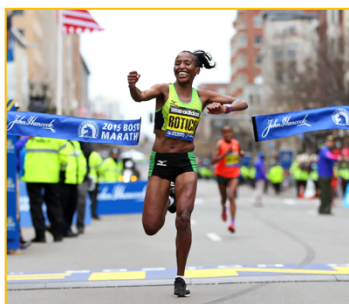
PUPIL WORKSHEET

Challenge & Growth Mindset



Having a Growth Mindset towards an activity means you believe that you can achieve it. You don't assume you won't be good enough or that you're not intelligent enough and you understand that it will take small steps to complete. This is vitally important because when we succeed at a challenge, however small, our self-confidence improves.

- Look at the images below of people achieving some very tough challenges. Think about:
 - How you think they felt before they attempted their challenge.
 - How you think they felt after they completed their challenge.



- You're now going to think about a challenge that you can set for yourself. Have a look at the next sheet which shows lots of different types of challenge and think about something in your life that you'd like to improve. What would you like to become better at, or try harder at? Is there anything that you've always thought of as a 'no way' that you might now consider having a go at?

Take a look at the example below and then fill in the empty boxes on the next page with details of one or two challenges that you have picked. Note down what your first steps will be towards achieving your challenge and how you will feel when you've achieved your goals.

Example:

My challenge is:	My 1st step is:	My 2nd step is:	What is the outcome?
To improve my sleep schedule	To set an alarm on my phone to remind me to turn it off 1 hour before sleep.	To be in bed by 9pm	I will be: <ul style="list-style-type: none"> - Less Grumpy - Less tired - Able to be more physical - healthier

My First Challenge:

<div>My challenge is:</div>	<div>My 1st step is:</div>	<div>My 2nd step is:</div>	<div>What is the outcome?</div>

My Second Challenge:

<div>My challenge is:</div>	<div>My 1st step is:</div>	<div>My 2nd step is:</div>	<div>What is the outcome?</div>