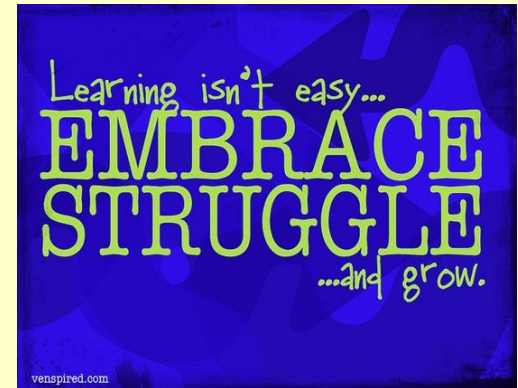


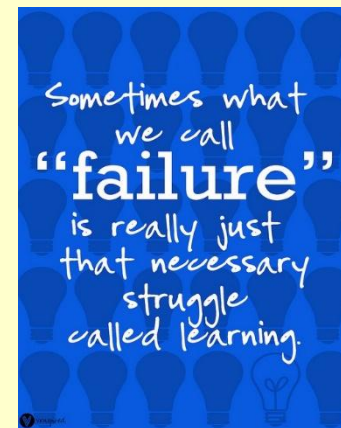
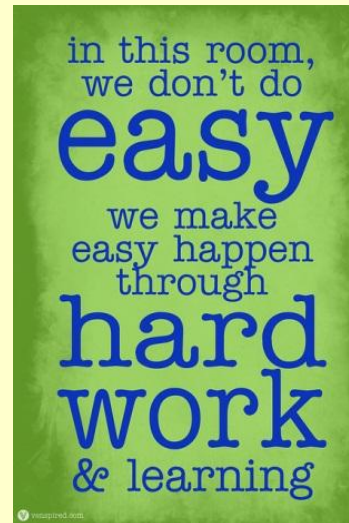
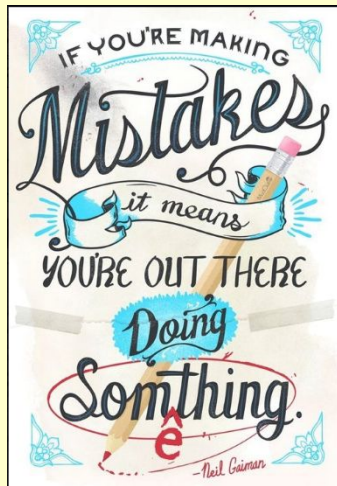


“If we only did things that were easy, we wouldn’t actually be learning anything. We’d just be practicing things we already knew.”
– David Dockterman

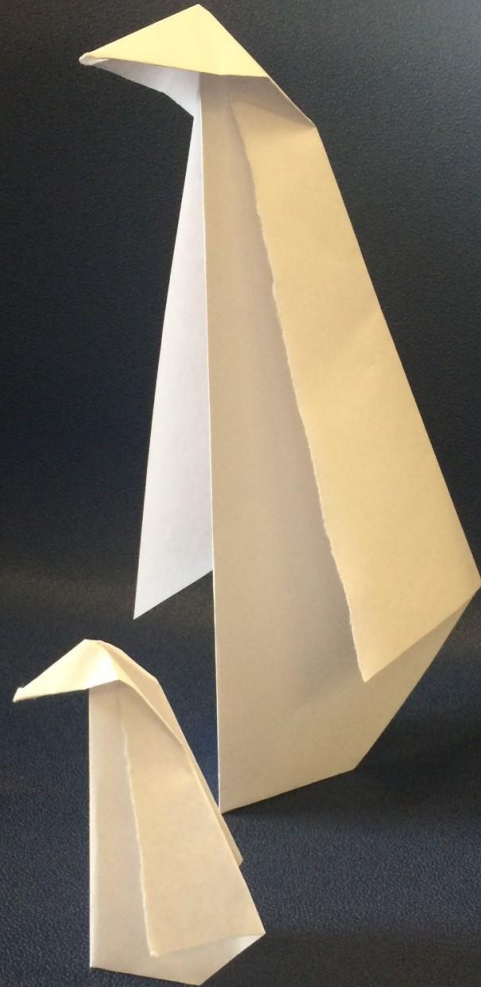
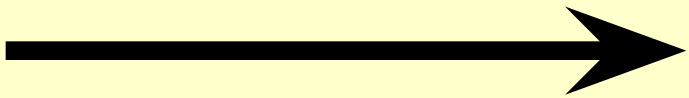


Growth Mindset

Wednesday 14th June



**Your challenge
is to create an
origami penguin
from the sheet
of paper in front
of you. Good luck!**



Did you give up immediately?

Did you try and then give up?

Did you expect to fail?

Did you expect to succeed?



Have another go at creating an origami penguin, but this time you'll have some guidance.



A **mindset is an attitude that determines how you will interpret and respond to situations.**



A **growth mindset is characterised by the belief that skills and abilities can be developed over time, through dedication and hard work.**



<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

Why do some people try harder than others?



Discuss as many answers as you can think of



Why do some people try harder than others?

“Because some people are lazy.”

“Because some people don’t care about doing well in some areas.”

“Because some people’s parents praised them for effort and criticised them for laziness.”

OK, so we can reward effort when it is shown – but some students rarely give us the opportunity, or don’t respond to our praise.

And if they try hard but don’t get praised one time, how will they react?

Do they need praise to keep trying to improve at computer games?

“Because some people don’t believe that their efforts will lead to improvement.”

Whether you
think you can or
think you can't —
you are right.

— Henry Ford

What Is Mindset?

A mental attitude that determines how you will interpret and respond to situations.



Yesterday's Theory: We Are Born with Intelligence

No matter how much you learn or how hard you work, your intelligence stays the same!

Alfred Binet was a French psychologist who invented the first practical intelligence test, the Binet-Simon scale. His main goal was to identify students who needed special help in coping with the school curriculum.

Left: Albert Binet (1857-1911)
Invented the first useable IQ test.



Today's Theory: Mindset Matters

The distinguishing feature of geniuses is their passion and dedication to their craft, and particularly, the way in which they identify, confront, and take pains to remedy their weaknesses (Good, Rattan, & Dweck, 2008).

In other words...

It's not what you are born with that matters; it's your mindset that matters.

Fixed Mindset: Intelligence is a fixed trait.

Growth Mindset: Intelligence is a quality that can be changed and developed.

Whose idea was this?

Click [here](#) to find out more about **Carol Dweck**, professor of Psychology at Stanford University.

The Brain Is Malleable

The brain is like a muscle that gets stronger and works better the more it is exercised.

Too often students believe the brain is static, leading them to think talent and giftedness are permanent, unchanging personal attributes that automatically bring later success.

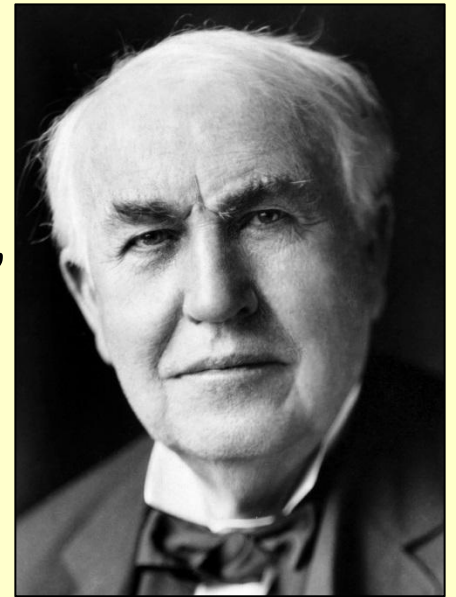
Every time you work hard, stretch yourself and learn something new your brain forms new connections and over time you actually become smarter.

Success: Ability or Attitude?



“Mr Edison, how did it feel to fail 2000 times to invent the light bulb?”

“I never failed once. It was just a 2000-step process.”



- <https://www.youtube.com/watch?v=ElVUqv0v1EE>

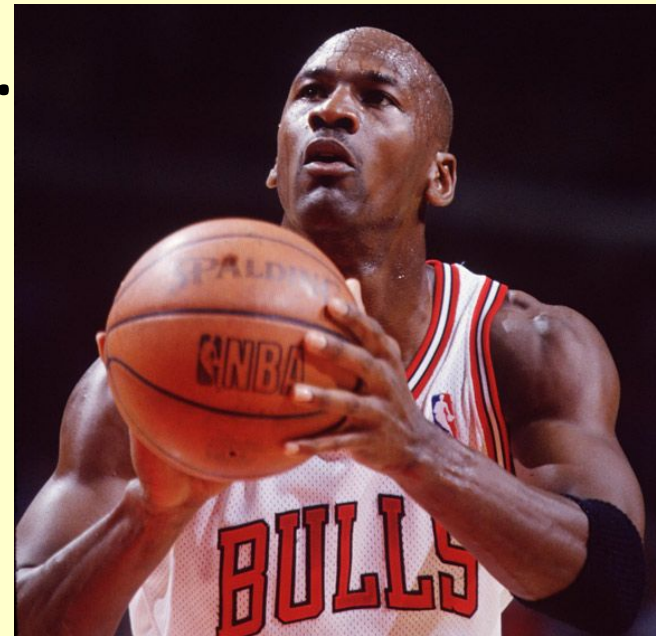
Carol S. Dweck, Psychologist:

‘IQ tests can measure current skills, but nothing can measure someone's potential. It is impossible to tell what people are capable of in the future if they catch fire and apply themselves.’

Mindset Quotes

“I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game-winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed.

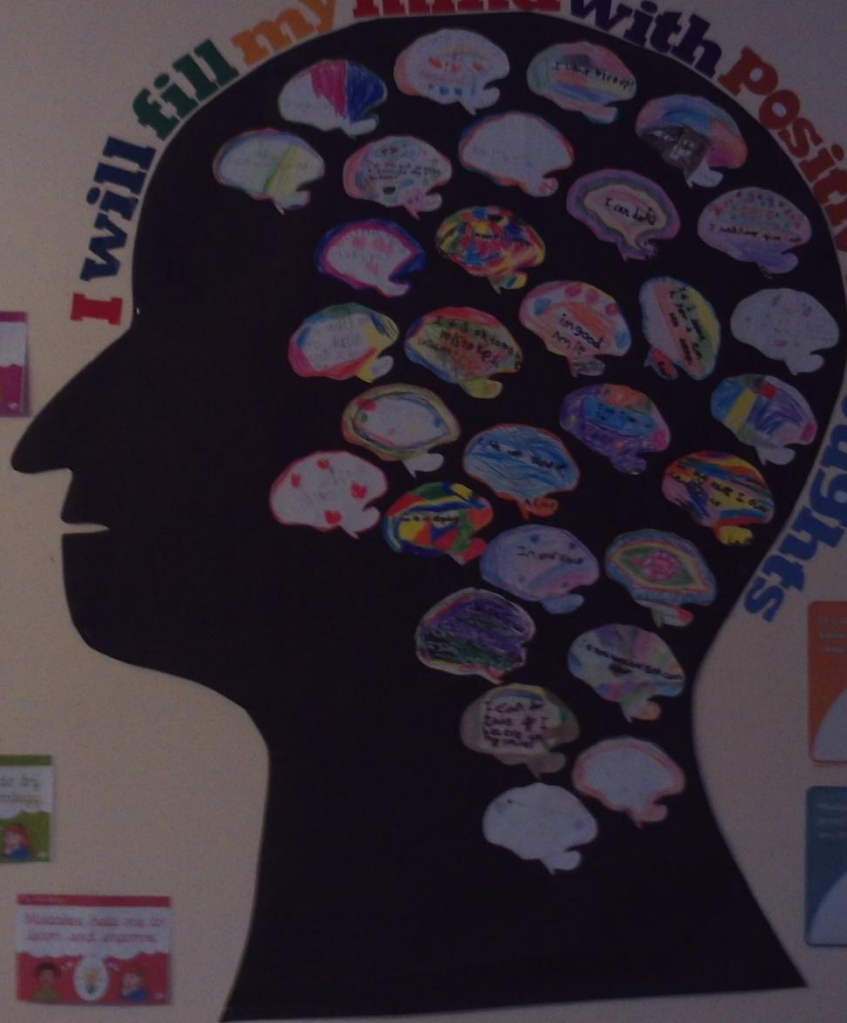
Michael Jordan



What to praise

- Effort
- Motivation
- New learning
- Struggle and persistence despite any set backs
- Strategies and choices
- Choosing difficult and challenging tasks
- Improvement

I will fill my mind with positive thoughts



How come my friend can do it?
I will learn from them.

Plan A didn't work.
Now to try Plan B.

I just can't do this.
I am going to try a different strategy.

I made a mistake.
Mistakes help me to learn and improve.

I'm rubbish at this.
What can I do to improve?

Strive for progress not perfection.

It's okay to stop and take a break.

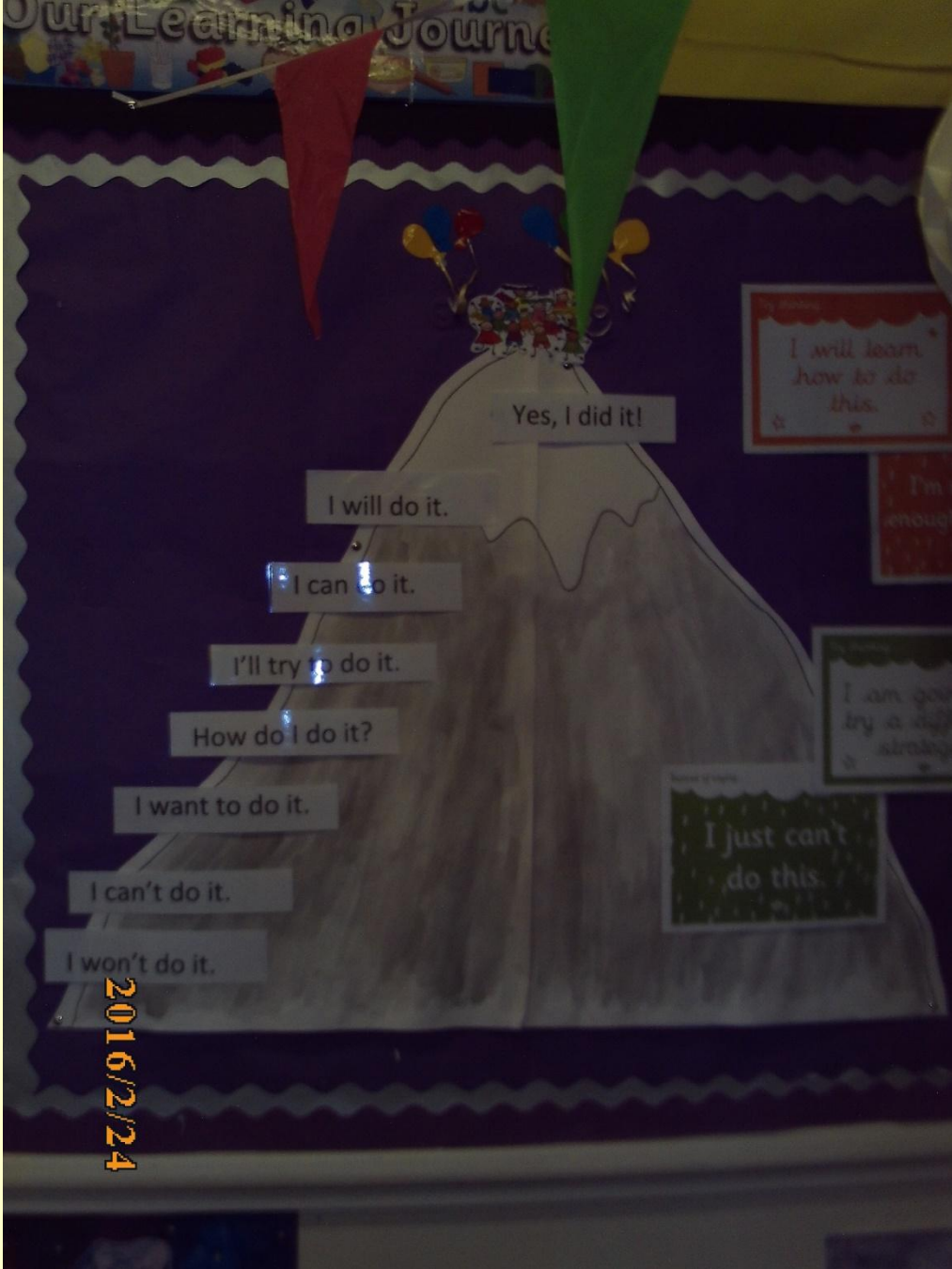
It's okay to ask for help.

It's okay to be different.

It's okay to be a beginner.

2016/2/24

Our Learning Journey



Yes, I did it!

I will do it.

I can do it.

I'll try to do it.

How do I do it?

I want to do it.

I can't do it.

I won't do it.

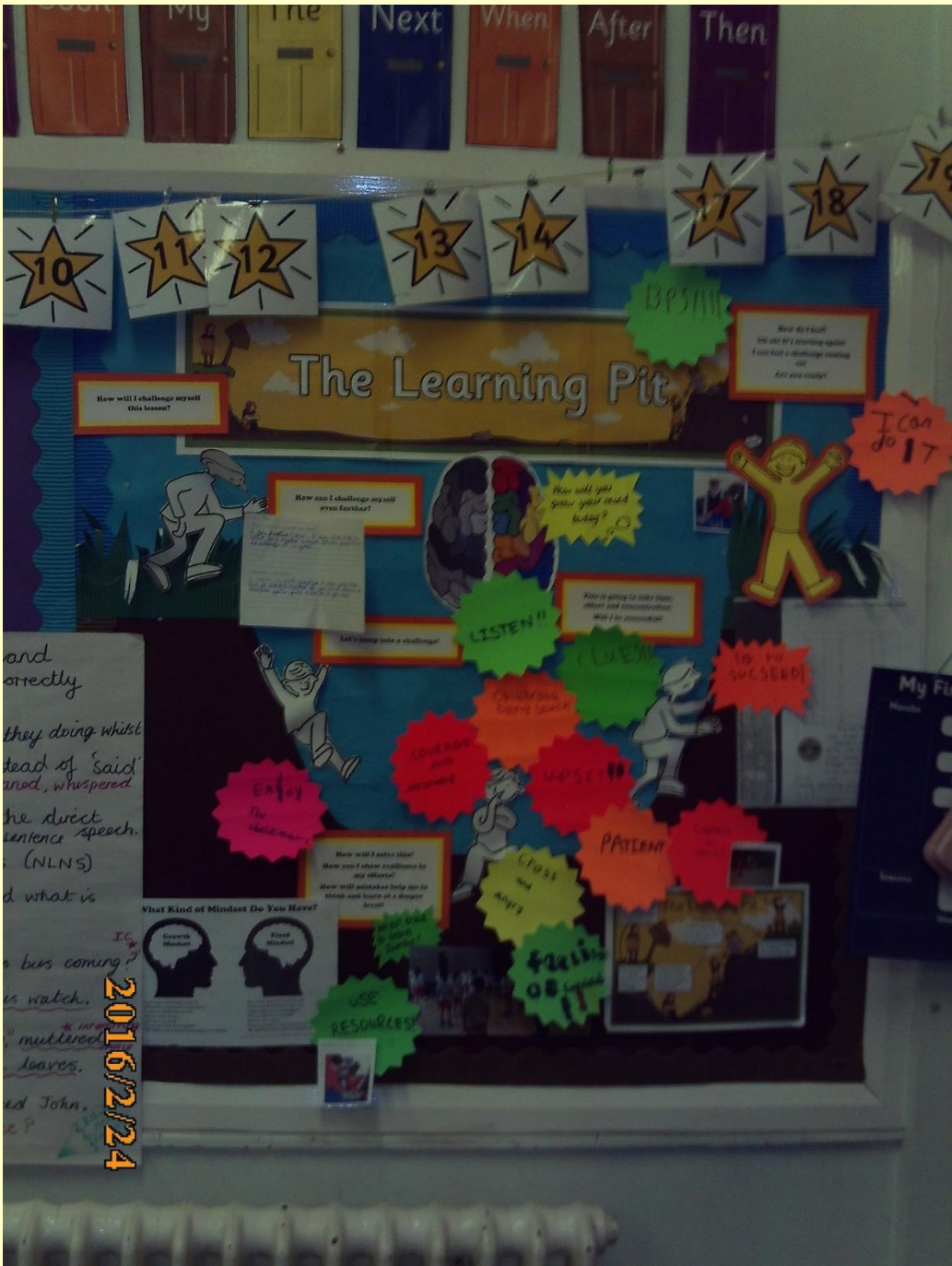
I will learn
how to do
this.

I'm
enough

I am good
try a different
strategy

I just can't
do this.

2016/2/24



and correctly
they doing whilst
read of 'said'
and, whispered
the direct sentence speech.
(NLNS)
d what is
IC
bus coming?
is watch.
muttered
leaves.
ed John.

2016/2/24



USE RESOURCES!!

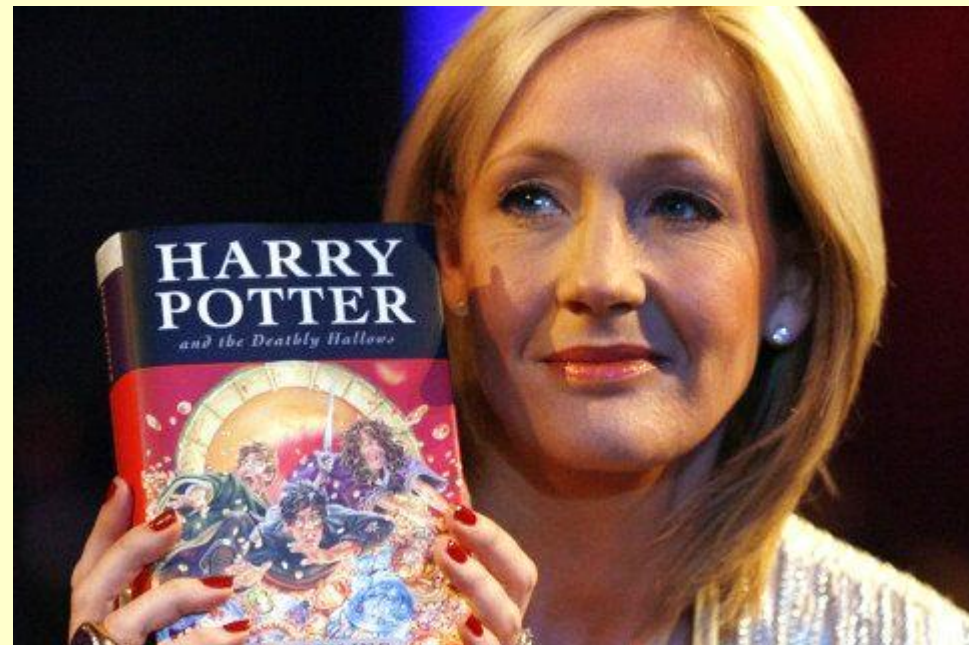
FEEL OR CONTROL IT!!



Mindset Quotes

“I’m not going to stand here and tell you that failure is fun...but some failure in life is inevitable, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default.”

J.K.Rowling



Help us by using the same language...Don't have a fixed but a growth mindset.

●Fixed Mindset

- I like my work to be easy
- I don't like to try a challenge
- I want people to praise me for how clever I am
- I believe I cannot change how clever I am
- I don't like to try new things because I won't be very good at it
- I give up easily

●

●Growth Mindset

- I never give up
- I like my work to be difficult – it means I am learning
- I love challenges
- I want people to praise me for the effort I put into my work
- I believe I can get more intelligent by working hard
- I feel clever when I'm learning something new
- I learn from my mistakes

