

Growth Mindset

Introduction:

<https://youtu.be/sZRhQusOeMI>

Now watch: <https://www.youtube.com/watch?v=rUJkbWNnNy4>

Which seed do you feel like today?

Remember that you may feel like both seeds at different times in your life. This is normal.



What can you do if you have a fixed mindset?

Take a chance

Try again

Set yourself a reasonable target

Remind yourself that you can't do it 'yet'

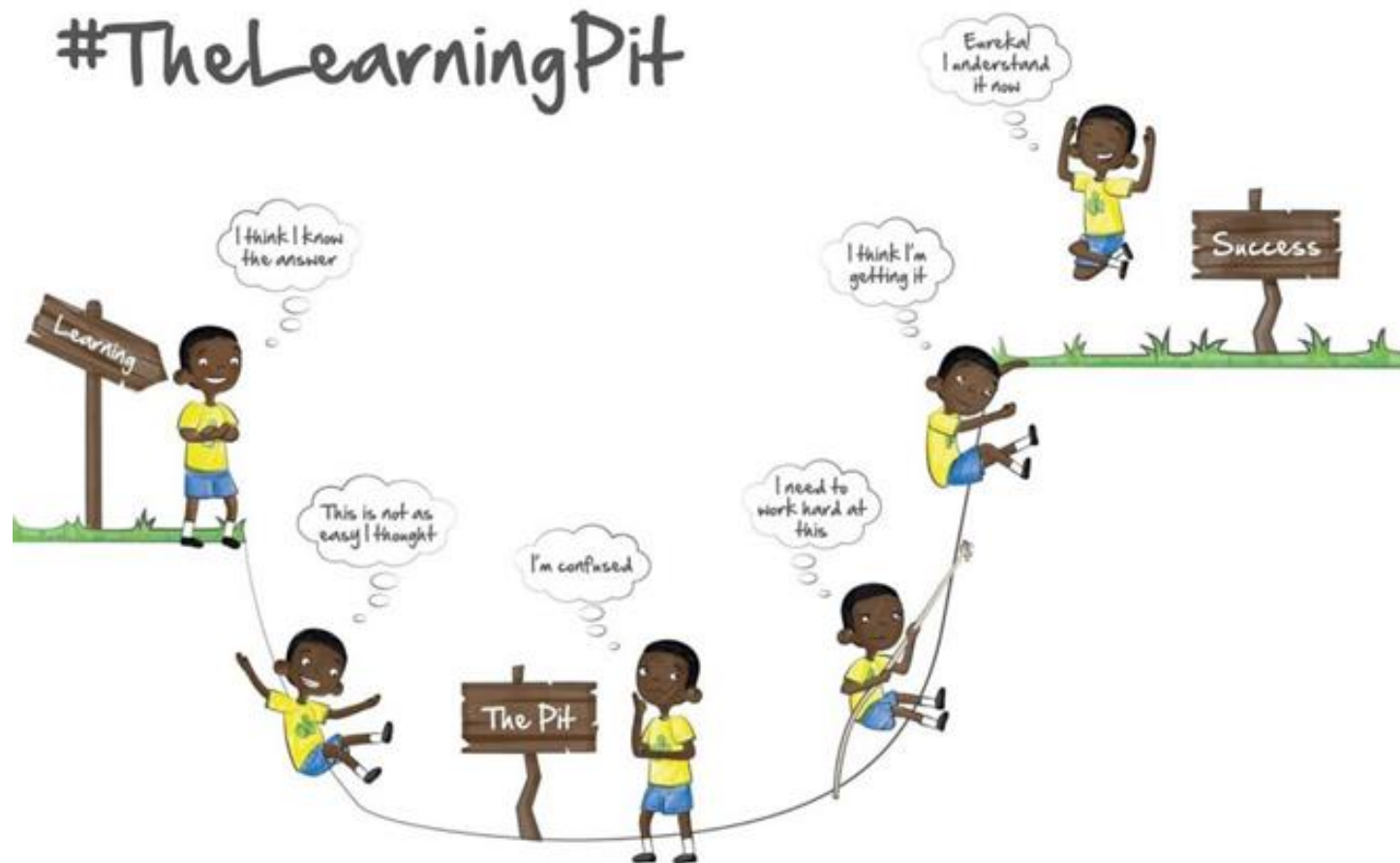
Remember perfection is not possible

Think of learning as an adventure

Be pleased that you have tried

Celebrate what you have achieved

Remember that 'being in the pit' is normal and it's the getting out of the pit that helps us learn.



Remember, challenge is good exercise for our brain.

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



DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them