

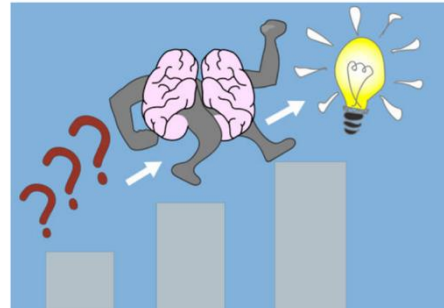
Session 2: Unlocking your mind

Did you know that...

- Your mind is **VERY POWERFUL**
- Your mind controls your **THOUGHTS**
- Your mind allows you to **FOCUS**
- Your mind will help you **ACHIEVE**

Carol Dweck, a famous psychologist, says there are two types of mindsets:

Fixed Mindset



Growth Mindset

Let's understand the fixed mindset

Fixed mindset

People think you can **ONLY** be good at something if you are born 'gifted' or 'talented'.

You either think you have a talent for something, or you don't. There is nothing you can do to change it, no matter how hard you try.

People think they are born:

- Good at **maths**
- Brilliant at tennis
- Able to sing like an opera diva!
- Able to nail the dragon flip on a skateboard on the first go!

People with a fixed mindset say some of these things...

We are all rubbish at **maths** in our family.

I have always been bright.

My memory has always been bad;
I can't remember things.

I am not very confident.

I don't have the co-ordination for sport.

Hard work is for other people; I am a natural.

Let's understand the growth mindset

Growth mindset

People believe that their intelligence and ability can be improved with effort and the right strategies.

- They confront challenges.
- They have a passion for learning.
- They view failure as a springboard for growth.

People with a GROWTH mindset say some of these things...

I am not able to do this... YET!

If I put more effort in, I will get better.

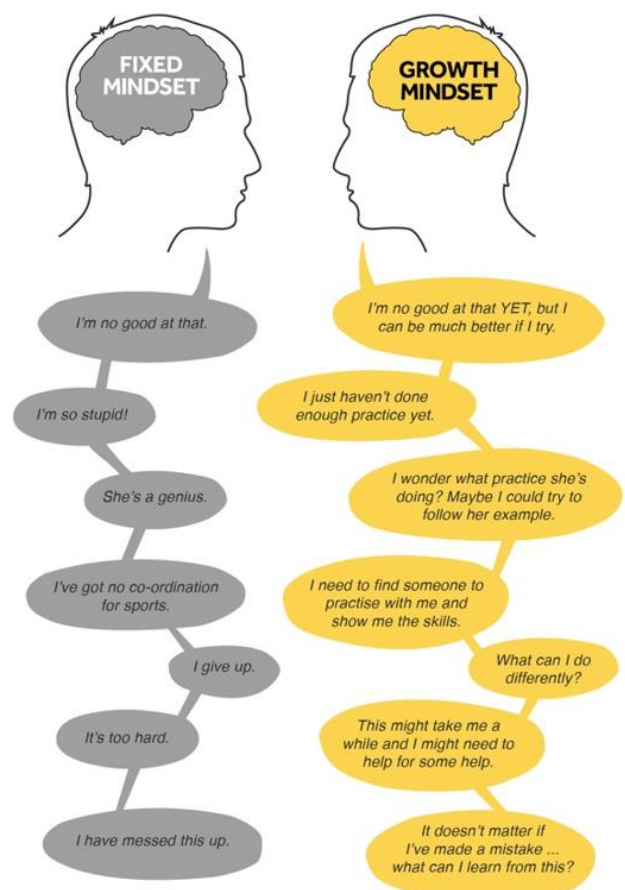
Feedback will help me to get better.

I welcome new challenges.

I sometimes make mistakes and that is good because I can learn from them and get even better.

I can improve in this area, if I practise.

Which mindset do you feel you have? Do you recognise any of these phrases?



When your brain tries to tell you, 'you can't do this because XXXXX', make sure you tell it that it is talking nonsense! Control those thoughts and don't allow them to get you into a fixed mindset headlock.

You can only change the way you think if you practise. You need to get the right kind of practice.

- Practise skills which will help you achieve your goals.
- Do your research or ask for help so that you know what to practise.
- Practise specific things.
- Test yourself from memory.
- Practise things over and over again.
- Practise things in different ways.
- Challenge yourself.

"All highly competent people continually search for ways to keep learning, growing, and improving."

Benjamin Franklin

Don't fear failure. Failure is how we learn to be better!

Most people who have success have all made lots of mistakes and 'failed' before that success.

J.K. Rowling was 32 years old when the first Harry Potter book was published. 12 publishers rejected her manuscript. She never gave up, even though 12 publishers didn't think Harry Potter would come to much.

"Failure taught me things about myself that I could have learned no other way. I discovered that I had a strong will, and more discipline than I had suspected."
- J.K. Rowling

Starting a new school gives you the opportunity to try new things and to be a new you. How can you use a growth mindset to learn from your mistakes and to practise, practise, practise?



TASK:

- Identify three things that you say you 'can't do'. Write them down.
- Now write each thing down using a growth mindset approach. For example, 'I can't do maths' turns into, 'I am going to practise the things in maths that I can't do yet'.
- Think of something you've always wanted to get better at. Write it down. How could you practise that thing now?

