

## Post-16 Growth Mind-set (50 minutes)

- Use workshop evaluation slips where possible (smiley faces)

Thank you for choosing to run our Growth Mind-set workshop for your students, we hope you enjoy it.

Just as a note to all of our teachers, in order to teach the students growth mind-set, we ask our teachers to also practice a growth mind-set while delivering the session. This will include a few very simple adaptations (which you may already use in your classroom!):

- Have a focus on how much effort students are putting into something over their intelligence.
- Encourage students to keep going and keep trying; using phrases such as “don’t worry if you don’t understand something right away, let’s focus on the next steps” may help.
- If any of the students find any aspect of this workshop challenging, please do teach them the value of a challenge, praise them for accepting it and support them through the session.
- Where possible, encourage students to expand on their answers.
- Encourage discussion and questions (where possible)
- If you wish to practice this long term with the students you can ask them to create success folders. These would include them collecting any work which they succeeded in into a folder/e-folder. This way they can reflect on all of the times they have worked hard to achieve something.

| Duration | Content   | Resources |
|----------|---|-----------|
| 1 min    | <p><b>Welcome and Introductions</b></p> <p>Introduce yourself/the workshop to the students</p>  | Slide 1   |
| 2 mins   | <p><b>Learning Objectives</b></p> <ul style="list-style-type: none"> <li>To understand what a growth mind-set is and how it compares to a fixed mind-set</li> <li>Identify the benefits of having a growth mind-set</li> <li>Explore methods of using a growth mind-set</li> <li>Explore the language of using a growth mind-set</li> <li>Devise an action plan for practicing growth mind-set</li> </ul>   | Slide 2   |
| 3 mins   | <p><b>Growth Mind-set: What is it?</b></p> <ul style="list-style-type: none"> <li>Growth mind-set is a theory suggesting that intelligence can be developed and enhanced</li> <li>Growth mind-set theory suggests that people are not simply born ‘smart’ – this is something that can be learned</li> </ul>  | Slide 3   |
| 3 mins   | <p><b>Growth mind-set vs Fixed mind-set</b></p> <p>Allow students to watch the Growth mind-set vs. Fixed Mindset video (2:19)</p>   | Slide 4   |
| 2 mins   | <p><b>Why is it beneficial?</b></p> <ul style="list-style-type: none"> <li>Having a growth mind-set can allow you to achieve more, from learning a different language to achieving better grades.</li> <li>You begin to think in a more optimistic way</li> <li>See failure as an opportunity to learn rather than a permanent state to be in.</li> <li>Companies look for this in their employees because it means you’re less likely to give up at the first hurdle!</li> </ul> | Slide 5   |
| 5 min    | <p><b>Activity 1: Self-evaluation</b></p> <p>Spend 5 minutes looking at the pre-made list of common thoughts and feelings many students experience.</p> <p>Think about:</p> <ul style="list-style-type: none"> <li>How may thinking like this impact a person?</li> <li>What may lead someone to think like this?</li> <li>What can a person do to avoid thinking like this?</li> </ul>   | Slide 6   |

|                                | <ul style="list-style-type: none"> <li>Are they 'bad' at a whole subject or just a topic within a subject?</li> </ul> <p>When you're finished, go to the next slide.</p> <p>Allow students to do this either alone, in pairs or in a group (however possible)</p>   |                      |        |                   |   |                             |  |                                |  |                              |  |         |
|--------------------------------|---|----------------------|--------|-------------------|---|-----------------------------|--|--------------------------------|--|------------------------------|--|---------|
| 5 mins                         | <p><b>Activity 2: Self-motivation</b></p> <p>Now that you have completed that say to yourself:<br/>I can <b>CHANGE</b> my <b>MINDSET</b><br/>Spend 5 minutes looking at the second column and coming up with ideas on what someone can say instead using words such as <b>YET</b> and <b>LEARN</b></p> <p>Note for teacher: The next slide is filled with some examples of growth mind-set terminology that may help!</p> <p>Allow students to do this either alone, in pairs or in a group (however possible)</p>  | Slide 7              |        |                   |   |                             |  |                                |  |                              |  |         |
| 1 min                          | <p><b>Activity 2: Self-Motivation</b></p> <p>Here are some examples of words and phrases that you can use:</p> <table border="1" data-bbox="256 846 1307 1350"> <thead> <tr> <th>Instead of saying...</th> <th>Say...</th> </tr> </thead> <tbody> <tr> <td>I am bad at maths</td> <td>I am not the best at algebra yet but I can learn by practicing everyday</td> </tr> <tr> <td>I am bad at speaking French</td> <td>There's room to improve my ability to speak French</td> </tr> <tr> <td>I am bad at English Literature</td> <td>If I use the right approach to practice analysing a text I will learn better</td> </tr> <tr> <td>I don't understand Geography</td> <td>I am on the right track of increasing my understanding Geography by expanding my answers</td> </tr> </tbody> </table> <p>Allow students to do this either alone, in pairs or in a group (however possible)</p> | Instead of saying... | Say... | I am bad at maths | I am not the best at algebra yet but I can learn by practicing everyday | I am bad at speaking French | There's room to improve my ability to speak French | I am bad at English Literature | If I use the right approach to practice analysing a text I will learn better | I don't understand Geography | I am on the right track of increasing my understanding Geography by expanding my answers | Slide 8 |
| Instead of saying...           | Say...  |                      |        |                   |   |                             |  |                                |  |                              |  |         |
| I am bad at maths              | I am not the best at algebra yet but I can learn by practicing everyday   |                      |        |                   |   |                             |  |                                |  |                              |  |         |
| I am bad at speaking French    | There's room to improve my ability to speak French  |                      |        |                   |   |                             |  |                                |  |                              |  |         |
| I am bad at English Literature | If I use the right approach to practice analysing a text I will learn better  |                      |        |                   |   |                             |  |                                |  |                              |  |         |
| I don't understand Geography   | I am on the right track of increasing my understanding Geography by expanding my answers  |                      |        |                   |   |                             |  |                                |  |                              |  |         |
| 4 mins                         | <p><b>How can we learn?</b></p> <p>In this section we will explore how to put our positive mind-set into practice and become the best we can be!</p> <p>You may already know what approaches work best for you when it comes to learning. The next slide explains a variety of different methods and techniques that people use in order to expand revision and learning techniques. Have a look at these and mix and match the ones you use or want to try out.</p>  | Slide 9              |        |                   |   |                             |  |                                |  |                              |  |         |
| 6 mins                         | <p><b>How do you learn best? (The following will go up one at a time)</b></p> <ul style="list-style-type: none"> <li>Listening to podcasts</li> <li>Listening to an audiobook</li> <li>Listening to a pre-recorded audio</li> <li>Group discussions</li> <li>Speaking out loud to recite information</li> <li>Answering questions</li> <li>Using spider diagrams</li> </ul>   | Slide 10             |        |                   |   |                             |  |                                |  |                              |  |         |

|        |  |          |
|--------|--|----------|
|        | <ul style="list-style-type: none"> <li>▪ Watching a documentary</li> <li>▪ Watching a YouTube video</li> <li>▪ Using visual aids such as charts and graphs</li> <li>▪ Acting it out</li> <li>▪ Writing the same information out multiple times</li> <li>▪ Quizzing yourself</li> <li>▪ Imagination to tell a story</li> <li>▪ Writing out flashcards</li> <li>▪ Reading over revision notes</li> <li>▪ Annotating a text</li> <li>▪ Reading a book</li> <li>▪ Re-reading notes from class</li> <li>▪ Reading online blogs and forums</li> </ul> <p>Can ask students to give some examples of how they use these/which ones they prefer</p> <p>Use this as an opportunity to ask if students have any questions</p>   |          |
| 6 mins | <p><b>Activity 3: Action Plan</b></p> <p>Now that you've looked at some different ways to learn, go back to your worksheet and spend 5 minutes coming up with a way to achieve those goals.<br/>Hint: If you get stuck, an example is included in your worksheet!</p> <p>Allow students to do this either alone, in pairs or in a group (however possible)</p>   | Slide 11 |
| 1 min  | <p><b>How does it work?</b></p> <p>Well done for taking the first steps into changing your mind-set and starting to practice a growth mind-set.</p>  | Slide 12 |
| 3 mins | <p><b>How were these exercises beneficial?</b></p> <ul style="list-style-type: none"> <li>▪ It's all down to YOU!</li> </ul> <p>Having a growth mind-set is something that anyone can do to help them achieve more and practice makes perfect, so doing activities like these will help you become more comfortable with using growth mind-set more frequently</p> <ul style="list-style-type: none"> <li>▪ Instead of avoiding challenges, embrace them!</li> </ul> <p>This will help you to be open to endless opportunity instead of shying away at the first hurdle! Remember that if you don't succeed the first time, there is ways to learn and improve.</p> <ul style="list-style-type: none"> <li>▪ Instead of being knocked down by your mistakes, learn from constructive criticism</li> </ul> <p>Remember that when you receive a piece of work back that has a mark that you're not very happy with, it is not YOU being assessed, it is your WORK.</p> | Slide 13 |
| 2 mins | <p><b>The Iceberg Illusion</b></p> <p>The Iceberg Illusion is here to explain how most people just see the end goal of success, however it is all balancing on the part of the iceberg which is hidden underwater. The things that lead to success include Dedication, hard work, good habits, disappointment, sacrifice, failure and persistence. Remember that a growth mind-set can help you achieve success by powering through, no matter what the obstacle may be!</p>   | Slide 14 |

|               |  |                 |
|---------------|--|-----------------|
|               | <p><b>The Iceberg Illusion</b></p> <p>Success is an iceberg</p> <p><b>SUCCESS!</b></p> <p>WHAT PEOPLE SEE</p> <p>Persistence</p> <p>Failure</p> <p><b>FAIL</b></p> <p>Sacrifice</p> <p>THINGS I HAVE TO GIVE UP</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>Disappointment</p> <p>Dedication</p> <p>GOAL</p> <p>Hard work</p> <p>Good habits</p> <p>@sylviaaduckworth</p> |                 |
| <p>5 mins</p> | <p><b>Questions</b></p> <p>If students have any questions for us, please send them to <a href="http://www.sli.do">www.sli.do</a> and enter #GrowthMindset and one of the team will get back to you as soon as they can. Alternatively, you can email <a href="mailto:outreach@essex.ac.uk">outreach@essex.ac.uk</a></p>  | <p>Slide 15</p> |