Growth Mind-Set
Teacher-led workshop (Post-16)
Produced by the Outreach Team at the University of Essex
Learning Objectives

- To understand what a growth mind-set is and how it compares to a fixed mind-set
- Identify the benefits of having a growth mind-set
- Explore methods of using a growth mind-set
- Explore the language associated with growth mind-set and why this is important
- Devise an action plan for practicing growth mind-set
Growth Mind-Set: What is it?

- Growth mind-set is a theory suggesting that intelligence can be developed and enhanced.

- The Growth mind-set theory suggests that people are not simply born ‘smart’ – this is something that can be learned.
Growth Mind-Set vs Fixed Mind-Set

Watch this video...
Why is it beneficial?

- Having a growth mind-set can allow you to achieve more, from learning a different language to achieving better grades.

- You begin to think in a more optimistic way.

- See failure as an opportunity to learn rather than a permanent state to be in.

- Companies look for this in their employees because it means you’re less likely to give up at the first hurdle!
Activity 1: Self-Evaluation

Spend 5 minutes looking at the pre-made list of common thoughts and feelings many students experience.

Think about:

- How may thinking like this impact a person?
- What may lead someone to think like this?
- What can a person do to avoid thinking like this?
- Are they ‘bad’ at a whole subject or just a topic within a subject?

When you’re finished, go to the next slide.
Activity 2: Self-Motivation

Now that you have completed that say to yourself:

I can **CHANGE** my **MINDSET**

Spend 5 minutes looking at the second column and coming up with ideas on what someone can say instead using words such as **YET** and **LEARN**
## Activity 2: Self-Motivation

Here are some examples of words and phrases that you can use:

<table>
<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>
How can we learn?

In this section we will explore how to put our positive mind-set into practice and become the best we can be!

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.
How do you learn best?

- Listening to podcasts
- Listening to an audiobook
- Speaking out loud to recite information
- Reading a book
- Reading over your revision notes
- Re-reading notes from class
- Reading online blogs & forums
- Group discussions
- Answering questions
- Using spider diagrams
- Using visual aids such as charts & graphs
- Imagination to tell a story
- Acting it out
- Writing the same information out multiple times
- Writing out flashcards
- Quizzing yourself
- Using visual aids such as charts & graphs
- Annotating a text
- Acting it out
- Watching a YouTube video
- Watching a documentary
- University of Essex
Activity 3: Action Plan

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.

Hint: If you get stuck, an example is included in your worksheet!
How does it work?

Well done for taking the first steps into changing your mindset and starting to practice a growth mindset.
How were these exercises beneficial?

▪ It’s all down to YOU!
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

▪ Instead of avoiding challenges, embrace them!
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.

▪ Instead of being knocked down by your mistakes, learn from constructive criticism
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.
The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

WHAT PEOPLE DON’T SEE

Persistence

Dedication

Sacrifice

Hard work

Failure

Good habits

Satisfaction

Disappointment

FAIL

THINGS I HAVE TO GIVE UP
1. 2. 3.

Photo credit to Sylvia Duckworth (twitter: @sylviaduckworth)
Questions?

If you have any questions please send them to www.sli.do and enter #GrowthMindset and one of the team will get back to you as soon as they can. Alternatively, you can email outreach@essex.ac.uk