

# Growth vs Fixed Mindset

## It's all about your attitude!

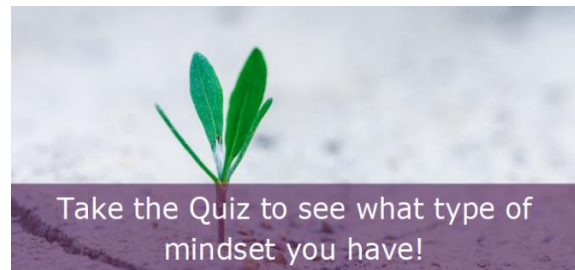
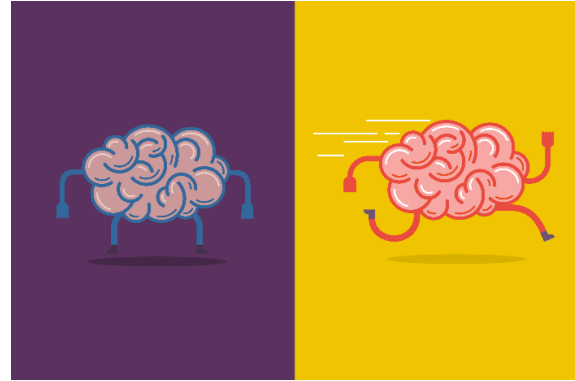
### What is a mindset?

Simply put, it's the attitude a person has that decides how well they respond to different situations.

Research suggests that getting the best grades possible is more than just learning the content. In fact, your mindset can be just as important.

### *This is good news for you!*

Your mindset can be grown and improved throughout your studies and life in general.



### Activity One

Take [the online quiz](#) to discover which mindset you currently have. Do you agree with the outcome? Do you think you can change your mindset?

Negative statements can often be quickly turned around with just a few changes, for example:



"I can't do it" → "I can't do it, yet"



Turn each of the following into a growth mindset statement:

- "I don't believe in myself."
- "I'm not smart enough to do that."
- "I'm not good enough to \_\_\_\_."
- "I don't have good ideas."
- "I'm not very strong."
- "I'm not exceptionally talented."



#### 2019 Results

A Level 75% A\*-C grades

A Level 99% A\*-E grades

BTEC L3 100% D\*D\*D\*-PPP

# one

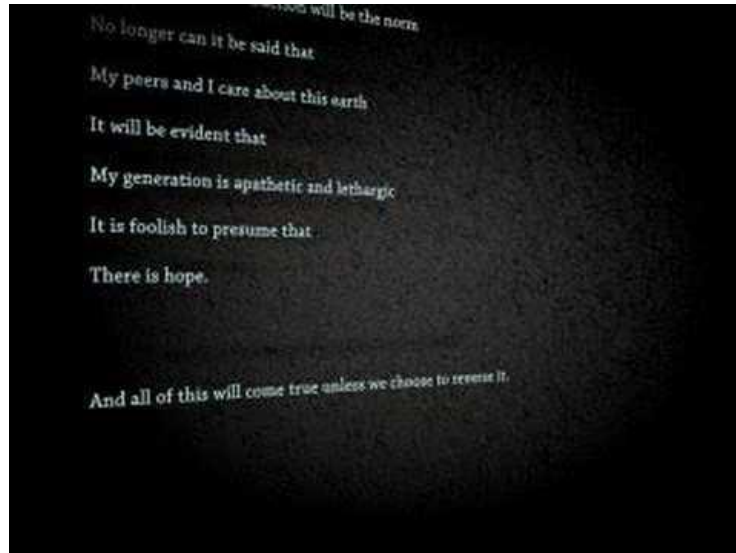
99% of staff enjoy working at One

99% of staff are proud to work at One

98% of staff are satisfied working at One

## Activity Two

Do you think the future changes depending on the mindsets we choose to adopt? **Watch the video** below and write down your opinion of the speaker at the start. Compare this to your opinion of the speaker at the end.



<https://youtu.be/42E2fAWM6rA>

## Stretch Activity

**Carol Dweck** came up with the terms: growth and fixed mindsets. Watch the video below and think about if anything surprises you or interests you about it. Do you agree or disagree with any parts – which ones and why?



<https://youtu.be/hiiEeMN7vbQ>

What could happen if we change our mindsets?



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**one**

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