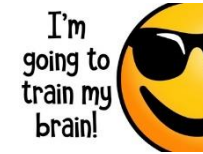


Personal Development 3A



Your brain is like a muscle; the more you use it, the more it grows!

Give it your all
Redo if necessary
Ignore giving up
Take time to do it right

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none">• SOMETHING YOU'RE BORN WITH• FIXED	SKILLS	<ul style="list-style-type: none">• COME FROM HARD WORK.• CAN ALWAYS IMPROVE
<ul style="list-style-type: none">• SOMETHING TO AVOID• COULD REVEAL LACK OF SKILL• TEND TO GIVE UP EASILY	CHALLENGES	<ul style="list-style-type: none">• SHOULD BE EMBRACED• AN OPPORTUNITY TO GROW.• MORE PERSISTANT
<ul style="list-style-type: none">• UNNECESSARY• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH	EFFORT	<ul style="list-style-type: none">• ESSENTIAL• A PATH TO MASTERY
<ul style="list-style-type: none">• GET DEFENSIVE• TAKE IT PERSONAL	FEEDBACK	<ul style="list-style-type: none">• USEFUL• SOMETHING TO LEARN FROM• IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none">• BLAME OTHERS• GET DISCOURAGED	SETBACKS	<ul style="list-style-type: none">• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

From this website:

<https://belmontteach.wordpress.com/learning-hubs/challenge/>



Growth Mindset

Definitions:

Grit - is the ability to keep working toward a goal, overcoming challenges and sticking with it even when it's hard.

Resilience - is the ability to cope when things go wrong.

Growth Mindset is the belief that intelligence improves through study and practice. Children with a Growth Mindset tend to see challenges as opportunities to grow because they understand that they can improve their abilities by pushing themselves. If something is hard, they understand it will push them to get better.

Some things to try:

- Think of a time when you gave up on something. What could you do differently if a similar thing happens in the future and write down a plan.
- When you learnt to walk or ride a bike, did you give up because you couldn't do it first time? Or did you carry on until you mastered it? Think of an example of how you could apply this to your school work and write it down.

