




I'm going to train my brain!



The only way is up!

Personal Development 3A

Growth Mindset



GRIT Give it your all
redo if necessary
ignore giving up
take time to do it right

Check this out for mental health awareness



WATCH NOW

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

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
Failure is the most essential step to success

Definitions:

Grit - is the ability to keep working toward a goal, overcoming challenges and sticking with it even when it's hard. A true definition of grit would say that grit is a personality trait that helps you keep working toward long-term goals despite setbacks or failures.

Resilience – is the ability to cope when things go wrong. Resilience can also be described as:

- Bouncing back after difficult times
- Dealing with challenges and remaining positive
- Giving things a go or trying your best
- Being strong on the inside
- Being able to cope with what life throws at you and shrug it off
- Standing up for yourself

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.

