

Mindset Matters

Creating Positive Mindsets

Did you know...

- ◉ ...your brain is like a muscle? It changes and gets stronger when you use it.
- ◉ Inside the brain are billions of tiny nerve cells, called neurons.
- ◉ These neurons are all inter-connected and communicate with each other – this is what allows us to think and solve problems.
- ◉ When you learn new things, the connections multiply and grow stronger.

This means...

- ◉ The more you challenge your mind to learn, the more your brain cells grow!
- ◉ Then, things that you once found difficult, or even impossible to do, become easy – because you've developed a stronger and smarter brain.

However...

- ◉ Some people are born smarter than others.
- ◉ There are certain things I just *can't* do – like Maths!!
- ◉ You're either good at English or you're not – no amount of studying will change that.
- ◉ *Really??????*

Actually, no!

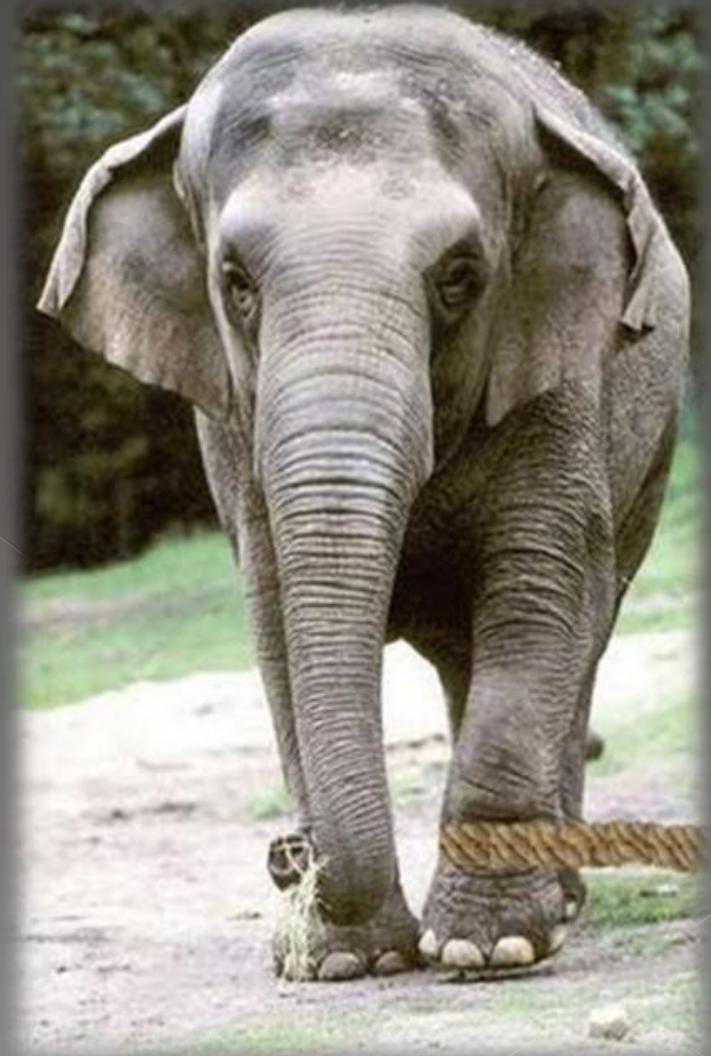
- Humans are like elephants!
- Ever wondered how elephants are trained in captivity? Well...
- Elephants in captivity are trained, at an early age, not to roam. One leg of a baby elephant is tied with a rope to a wooden post planted in the ground.
- Initially the baby elephant tries to break free from the rope, but the rope is too strong.



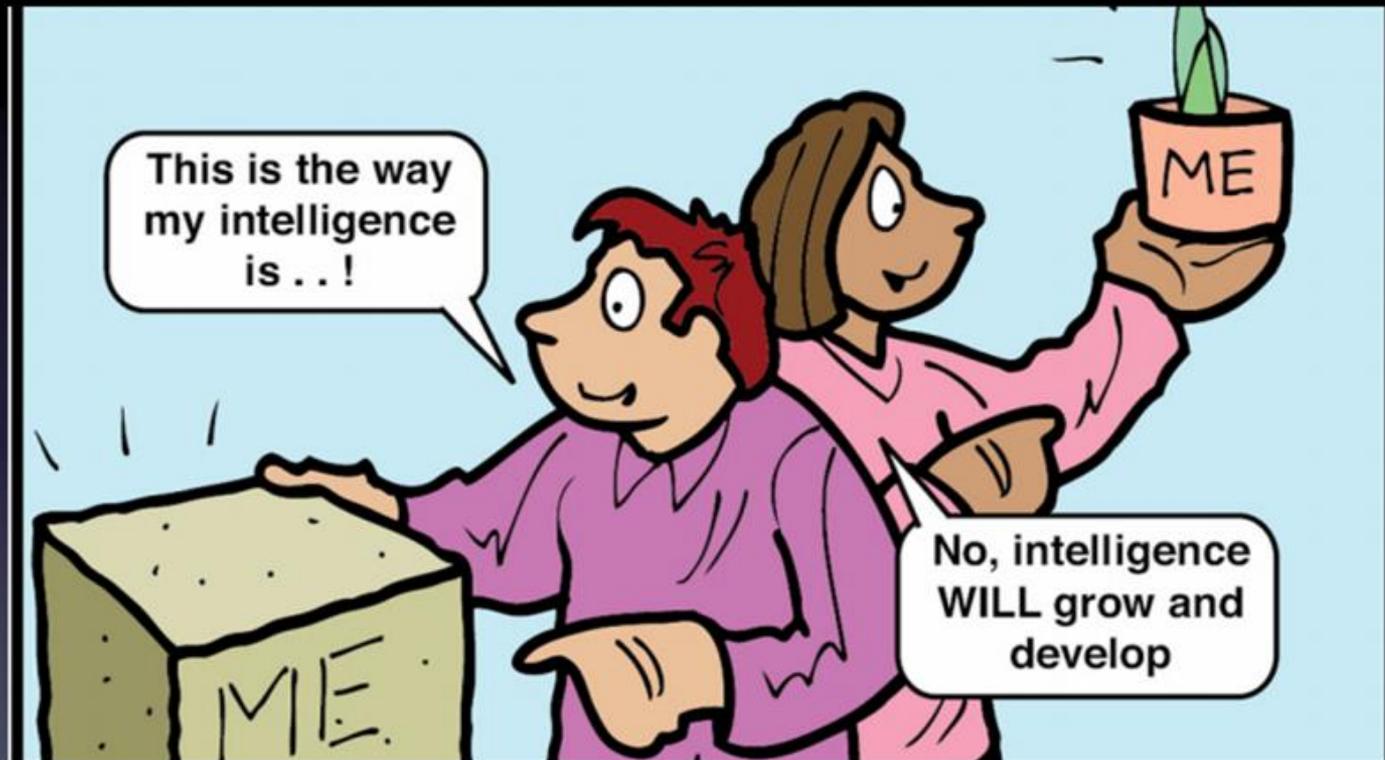
- The baby elephant **learns** from a young age that it can't break the rope.
- What happens when you try and try to do something, but fail?
- You give up! So does the baby elephant.

However...

- ◉ ...when the baby elephant grows up and is strong enough, it could *easily* break the rope.
- ◉ The problem is, its 'trained' itself to believe that it *can't* do it – so it doesn't even try. ☹



Two mindsets



Mindsets

- ◉ Some people believe that intelligence or talents are fixed – they believe that we are born smart or not so smart, and nothing in school can really change that.
- ◉ Others believe that intelligence can change and grow – they believe that we must exercise their brains in order to develop them and make them stronger.

Fixed Mindset vs Growth Mindset

○ People with a fixed mindset think:

I'll avoid doing work that makes me look stupid.

I need to be better than others, or else I'm a failure.

If I can't do something I'll make out I don't care.

Effort doesn't count, only grades do.

○ People with a growth mindset think:

I think I know the right answer, so I'll put my hand up.

I learn from my mistakes and see myself improving.

I'm not great at Maths, but I know if I keep trying I'll improve.

Progress depends on how hard I work. The harder I try, the more success I have.

So, where do fixed mindsets come from?

○ Parents:

You are good at lots of things, singing just isn't one of them!

○ Teachers:

Jane is pleasant pupil, but she unfortunately does not have an aptitude for science.

○ Friends:

Did you *really* not know the cube root of 125 is 5????

○ Or...

That's an excellent score. You must be very good at this subject.

How can we change this?

○ Parents:

Singing is great fun – let's all do it!

○ Teachers:

Science does not come easily to Jane, but with the right effort she'll improve.

○ Friends:

Finding the cube root of a number *is* pretty difficult. This is how I go about it.

○ Or...

That's an excellent test score. You must have tried really hard.

Your amazing brain!

- You can change your mindset by learning more about your amazing brain.
- Did you know that your brain is like a muscle? The more you use it, the stronger and fitter it becomes.
- This is because when you learn new things, the connections between the different neurons multiply and get stronger.

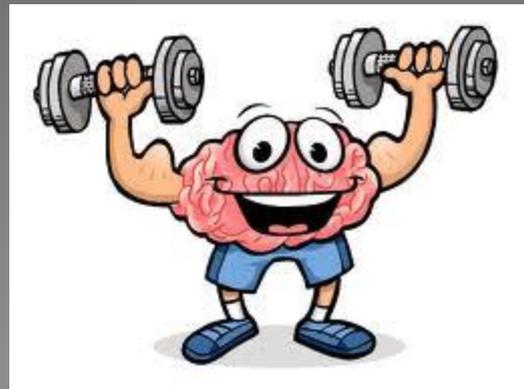
Your amazing brain!

- Think of a baby: no one would call a baby 'stupid' or 'dumb' because it cannot talk – it just hasn't learned yet!
- When a child does learn to talk, it never forgets this – the child's brain has changed, it has grown smarter!



Your amazing brain!

- The same applies to you – no one is born able to do equations or read.
- But with practice, you can learn to do these things.
- And the more you practice, the easier it becomes to learn new things – this is because your brain is growing smarter!



Your amazing brain!

- A growth mindset will give you the chance to develop a stronger brain.
- But there are two very important things you need to have:
 - > PERSISTENCE and
 - > RESILIENCE
- When people talk about these two things together, they are often talking about 'grit'.

Resilience and persistence

- Someone with resilience and perseverance knows that:
 - > Mistakes are a necessary part of learning;
 - > Talents and skills can be developed;
 - > Effort leads to improvement;
 - > Tests only measure current ability – I can improve;
- and...
 - > Intelligence can be developed through experience and learning!