

Facing a challenge

Aims

- To consider how I behave when I face a challenge
- To think about how I can be braver in the face of a challenge





The concept of a growth mindset was developed by psychologist Carol Dweck in her book *Mindset: The New Psychology of Success*.

According to Dweck, a mindset is a self-perception or self-theory people feel about themselves.



Fixed versus growth mindsets

Dweck differentiates between a fixed and growth mindset:

- **Fixed mindset:** People believe their qualities are fixed traits and believe talent creates success without effort. Those who have a fixed mindset and fail at something often feel they can't successfully complete their task because improvement of in-built qualities is not possible.
- **Growth mindset:** People believe their basic abilities can be developed through persistence and effort and that brains, and talent, are merely a starting point. These people embrace learning and do not fear failure.

Changing from
fixed mindset to
Growth mindset is
just a change of
approach



What Kind of Mindset Do You Have?



Growth Mindset

I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



Fixed Mindset

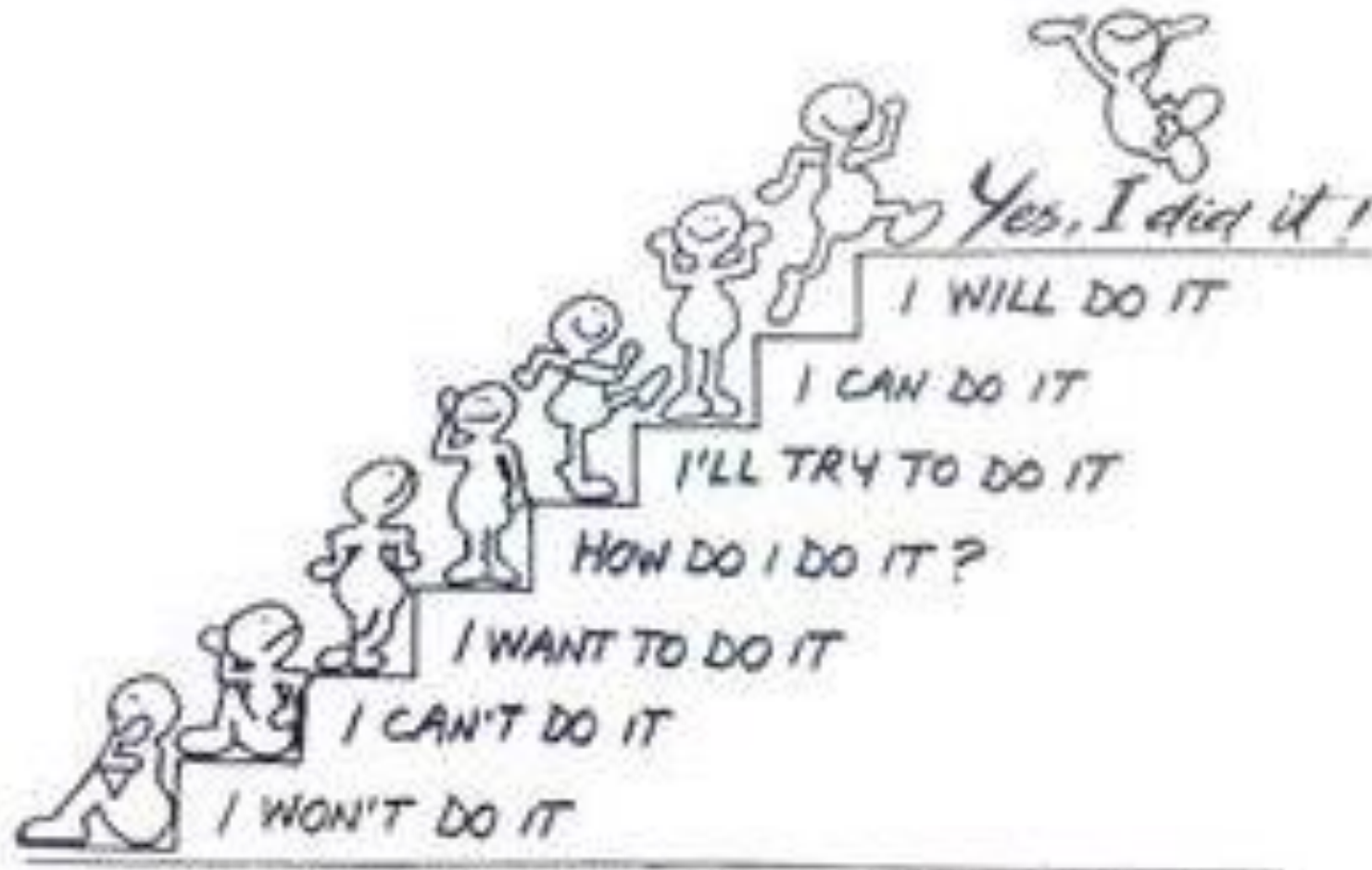
I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.





Having a growth mindset

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them





Story time:

Think of a short story where you showed a growth mindset

or

Explain to the class what you might do in the future to have more of a growth mindset