

MENTEE RESOURCE GROWTH MINDSETS

GROWING YOUR MIND, ONE STEP AT A TIME.

The opposite of a growth mindset is a fixed mindset. A fixed mindset hinders your abilities and educational development. Want to know how?

Why not take a second to think of how a change in attitude that can shape the way you learn. Check out how applying a growth mindset can lead to discoveries like the lightbulb here.

FAMOUS GROWTH MINDSETTERS

“Opportunity is missed by most people because it is dressed in overalls and looks like hard work”
Thomas Edison



It is said that Thomas Edison failed more than 5,000 times while inventing the lightbulb!



ACTIVITY 1

GROWTH MINDSETS



- Have a look at the Growth v. Fixed Mindsets activity on the next page. Which one do you have?



10 mins for activity

Read the statements on the left and the right side of the page, and circle which one describes your thinking!

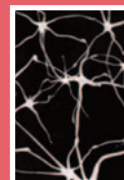
Did you
know...

Your brain and development can be changed like any other muscle in your body. Check out the example we use here!

EFFECT OF AN ENRICHED ENVIRONMENT



Nerves in the brain of animal living in a bare cage



Brain of another animal living with other animals and toys

WHICH ONE ARE YOU?



FIXED MINDSET

“If I’m not good at it, I usually get frustrated and quit”

“I take criticism as an attack”

“I failed because I can't do it and it's probably not worth trying”

“If I don't get it right the first time, I feel like a failure”

“I’m not good/smart enough to do some things”

“I stick to what I know/am good at”

“I’m not very smart and my intelligence can't be improved”

GROWTH MINDSET

“If I’m not good at it, I usually keep practicing until I improve”

“Criticism gives me a new perspective on how I can do things better”

“Failure is an opportunity for me to learn from my mistakes and improve”

“If I don't get it right the first time, I reflect on why, and try again a different way”

“I can do anything I set my mind to”

“I like to try new things”

“My intelligence can be developed”

WOOP WORKBOOK ACTIVITY



Wish

I wish

.....

.....

.....

.....

.....

Outcomes

WOOP WORKBOOK ACTIVITY



Obstacle

.....

.....

.....

.....

.....

.....

Plan

**KEEP UP THE PACE, WE
ONLY HAVE A FEW
MINUTES**



GROWTH MINDSETS CONCLUSION AND FEEDBACK



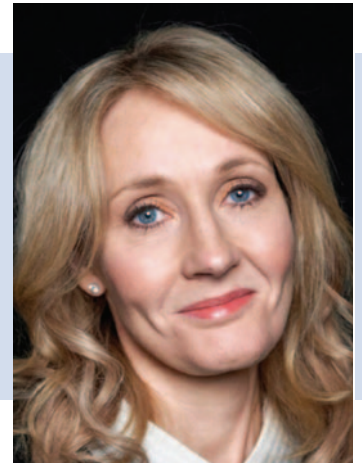
Growth mindsets are not only an idea or an attitude, but a way of learning new skills and capabilities. It's a life plan as much as a brain muscle technique!



3-5 mins left

FAMOUS GROWTH MINDSETTERS

“By every standard, I was the biggest failure I knew” - JK Rowling



Did you know...famous Harry Potter author, JK Rowling was rejected for her manuscript many times before going on to sell 500 million copies world-wide. Rowling attributes her success to her failures and what she learned along the way.

Our next visit will be:

The next topic we will cover is:
