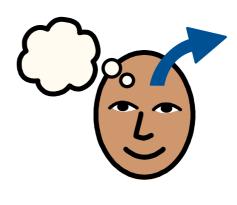


# Developing a





mindset







Intelligence is the ability to learn, understand

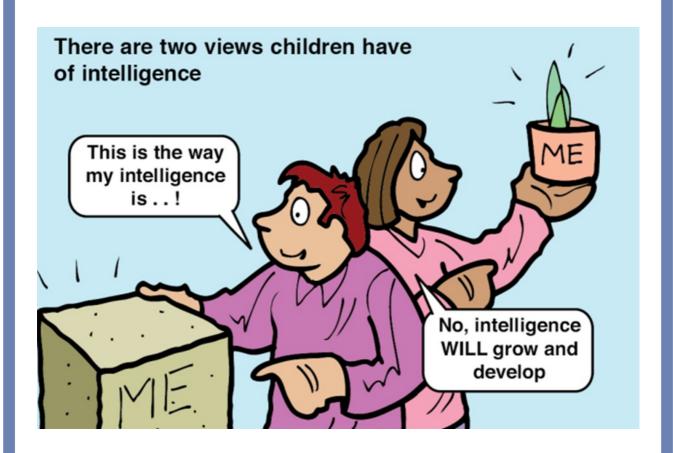






or deal with new, trying or challenging

situations.









#### A fixed mindset believes:







• Intelligence is carved in stone.







• Scores in a test measure potential.











• Intelligent people shouldn't have to work hard.





• Failure reflects a lack of intelligence.









## growth mindset believes:



Intelligence is malleable.









Learning requires hard work and effort.









individuals can learn All and improve.







We cannot measure a person's potential.







### Learning is not about:



tests





getting a good job







getting everything right





comparing yourself to others







trying to be better than others





### Learning is about:







a change in your behaviour, attitude or









improving your performance and future learning



increasing your potential



making mistakes and trying





again.







Doing your best learning is not:





Only doing things you are good at







Finishing your work quickly





• Never making a mistake

• Giving up



Doing things that are easy for you





Always asking the teacher for help





(or at least attempting) new things.



a task even when it Being determined to finish

is:

challenging.







equipment to help Using resources you





when you are stuck before asking an





Getting things wrong and having another go (sometimes

multiple times).





We can grow

intelligence our











Discussing;

Reflecting;

Questioning; Sharing;

Risking;









collaborating;

trying;

doing

difficult things and





having fun!

important to think about the words you It is also











say

yourself and

others.

"Failure is an opportunity to grow"

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things

"Failure is the limit of my abilities"

"I'm either good at it or I'm not" "My abilities are unchanging"

"I can either do it, or I can't" "I don't like to be challenged"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal

"I stick to what I know"







Intelligence is developed at every stage in life.













Learning happens inside, outside, at home and in school.









View learning and life as a series of challenges and





opportunities for improving.

