

Growth Mindset Workbook



Aims and outcomes

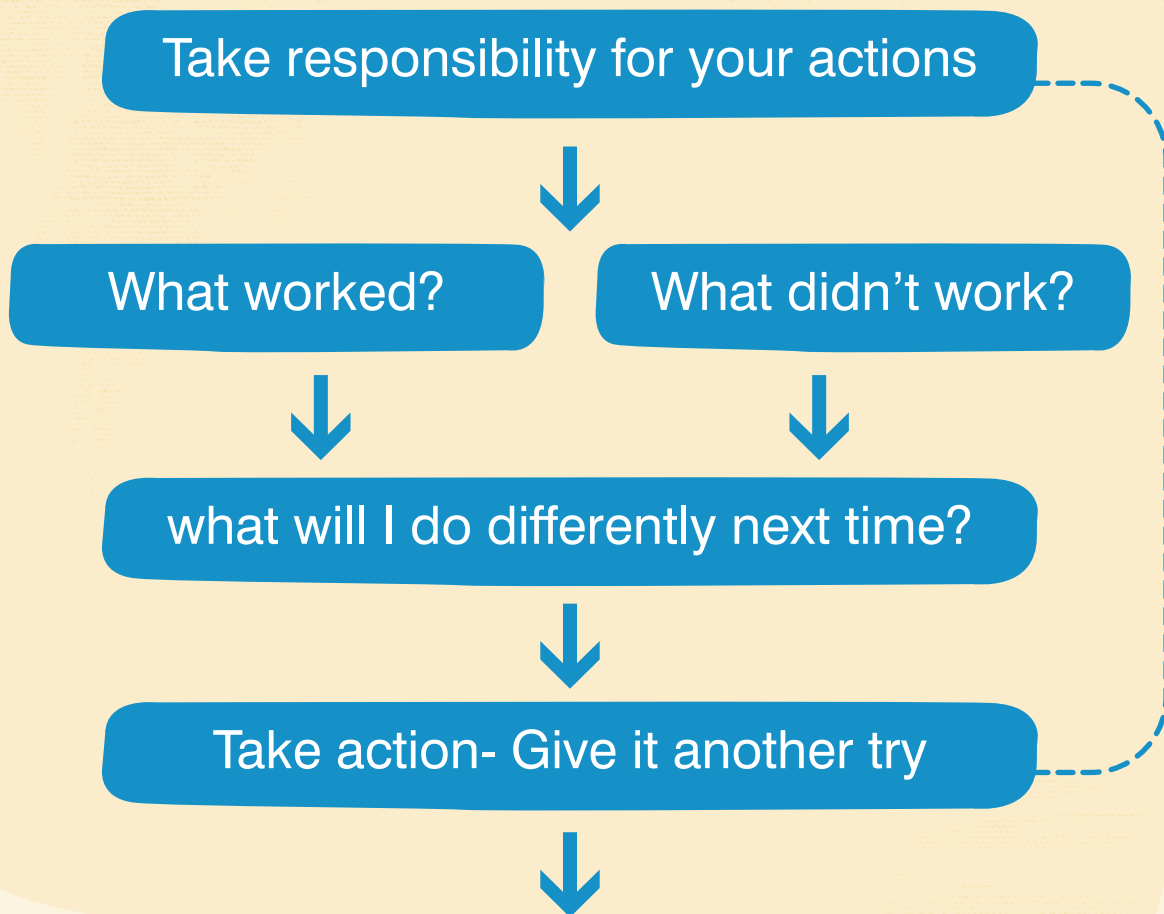
- ✓ *Understand* the basic concept of *Growth Mindset* and its application to your studies.
- ✓ *Identify* positive and negative mindsets and how this can affect you.
- ✓ *Recognise* that challenge can be positive.

How to use this pack

- ✓ This booklet will allow you to explore the concept of growth mindset and the positive impact it can have on your future.
- ✓ Growth mindset is an idea developed by Carol Dweck from Columbia University (New York) and it focuses on learning from failure, understanding that challenges develop our brains, and how determination, dedication and hard work is essential for success. You have the ability to learn and develop ideas and a growth mindset is the key to this wonderful learning journey.

The Fail Well Cycle!

Don't let failure be the ending; learn from your mistakes and apply the knowledge you acquire from this experience to your next attempt. Understanding how to fail well by evaluating what happened is the key to continual development.



Fail Well Cycle

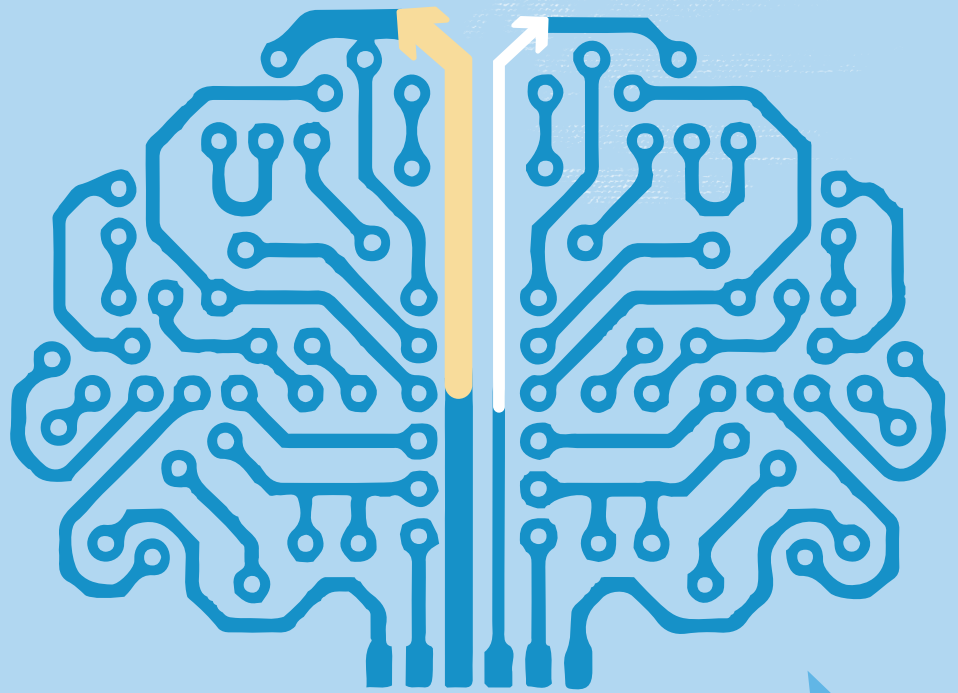
Often with new challenges, we can come across obstacles. The key is to reflect on your first attempt at something and identify the small changes you can make so that next time your input is more effective. We often learn from mistakes, and it is having that Growth Mindset approach which will help you succeed in the targets you set yourself.

Neuroplasticity



Question

What would you do if you knew you could not fail?



The image above is a visual of Neuroplasticity. As you can see, the brain has many directions on how you can learn, almost like a maze. There are many pathways our brain can take when learning something new as we can all educate ourselves using different methods such as reading, listening and writing notes. These are a few common examples of how we learn.

Some extra detail

Neuroplasticity is the theory on how the brain can learn new ways of thinking and recalling if you practice something multiple times.

Through muscle memory you can change the way your brain learns and thinks about tasks or problems. There are many different ways of learning, whether it be visual, auditory or reading to name just a few.

When tasks aren't clicking why not try a different way of learning? When this is done effectively, this is neuroplasticity in action!

Setting some goals!

Below you will see 3 questions- you should answer these by setting goals for each of these questions.

For example:

- 1 To do an hour of revision (Maybe use post-it notes for key ideas to revise).
- 2 Join a football team
- 3 To carry out some research on university and apprenticeships to learn about courses, finance, and accommodation.

1

In school

(subject you struggle with)

In your personal life

(sports team, drama group, learning something new)

3

In your future

(careers, university, apprenticeship)

The Iceberg Illusion

Success in an iceberg

**What
people
see**

SUCCESS!

**What
people
don't see**

Persistence



Failure



Dedication



Sacrifice



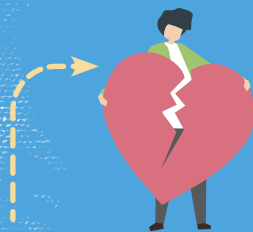
Hard Work



**Good
Habits**



Disappointment



When it comes to success, we sometimes only see the end result and not all the hard work and challenge that went into it.

For example, JK Rowling was rejected by many publishers at first but now the Harry Potter series is one of the most successful book series of all time. That drive to handle disappointment well is a trait we all can develop.

Success is not something that is predetermined, but something that needs to be worked for. The fulfilment you feel when you have worked hard to achieve a goal and then accomplish that is very rewarding.

"Success is not final, failure is not fatal, it is the courage to continue that counts" Winston Churchill

hello future.

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