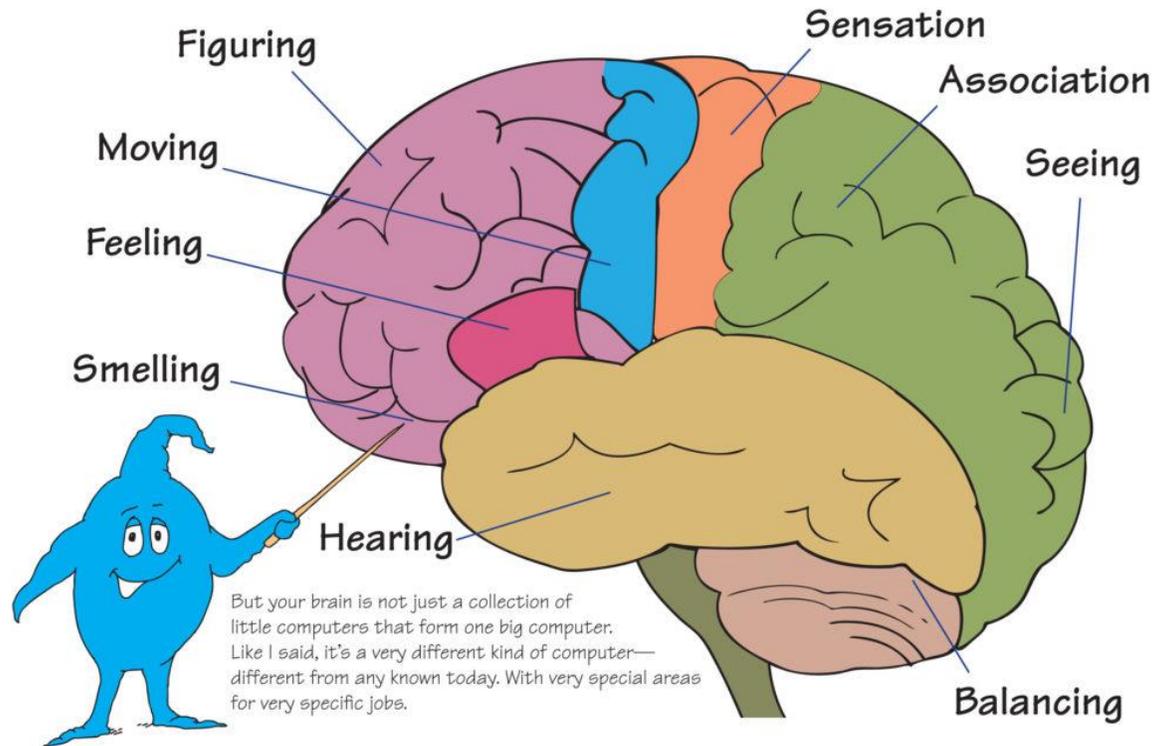


At BA we encourage you to UNLOCK your mind so that you can:



Today, we are looking at that amazing thing inside your head...YOUR BRAIN.

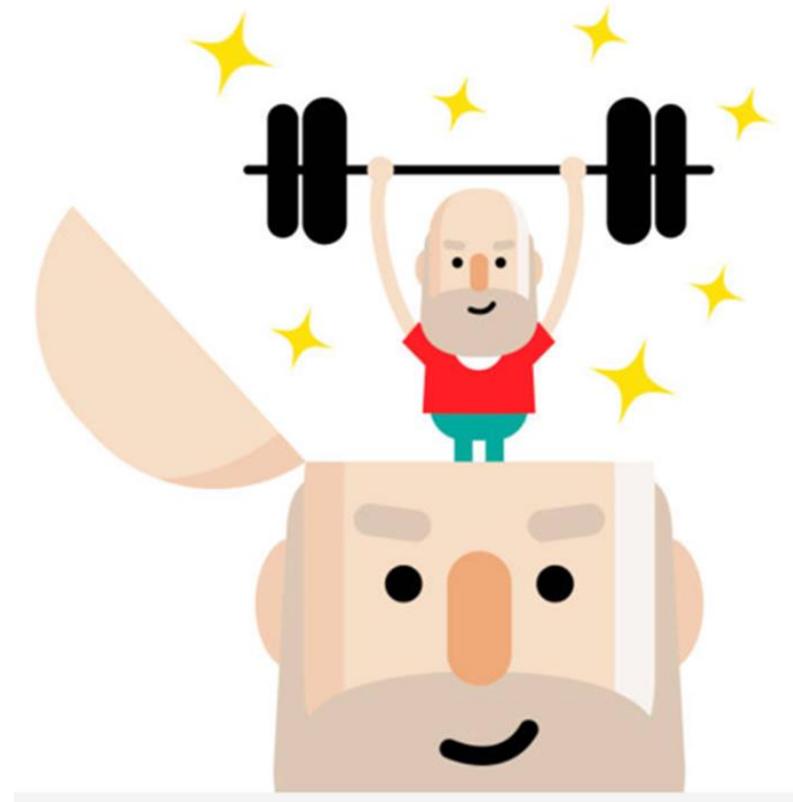


Do you have fixed or growth mindset?



Did you know that...

- Your mind is **VERY POWERFUL**
- Your mind controls your **THOUGHTS**
- Your mind allows you to **FOCUS**
- Your mind will help you **ACHIEVE**

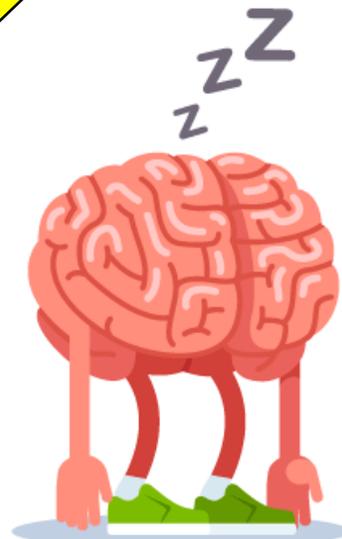


Can you unlock your mind? Can you lock your mind?

...YES YOU CAN!
You can do both.
It is a choice.



Carol Dweck, a famous psychologist, says there are two types of mindsets:



Fixed Mindset



Growth Mindset



Let's understand the fixed mindset

Fixed mindset

People think you can ONLY be good at something if you are born 'gifted' or 'talented'.

You either think you have a talent for something, or you don't. There is nothing you can do to change it, no matter how hard you try.

People think they are born:

- Good at maths
- Brilliant at tennis
- Able to sing like an opera diva!
- Able to nail the dragon flip on a skateboard on the first go!

The problem with this mindset is that if you believe you are born great at things (or not), then you also believe that you can't practice or try hard to improve because it wouldn't make a difference. You either have it or you don't.



Let's understand the Growth Mindset

Growth mindset

People believe that their intelligence and ability can be improved with effort and the right strategies.

- They confront challenges.
- They have a passion for learning.
- They view failure as a springboard for growth.

This mindset is linked to happiness and achievement in life.

People with a GROWTH mindset say some of these things...

I am not able to do this... YET!

If I put more effort in, I will get better.

Feedback will help me to get better.

I welcome new challenges.

I sometimes make mistakes and that is good because I can learn from them and get even better.

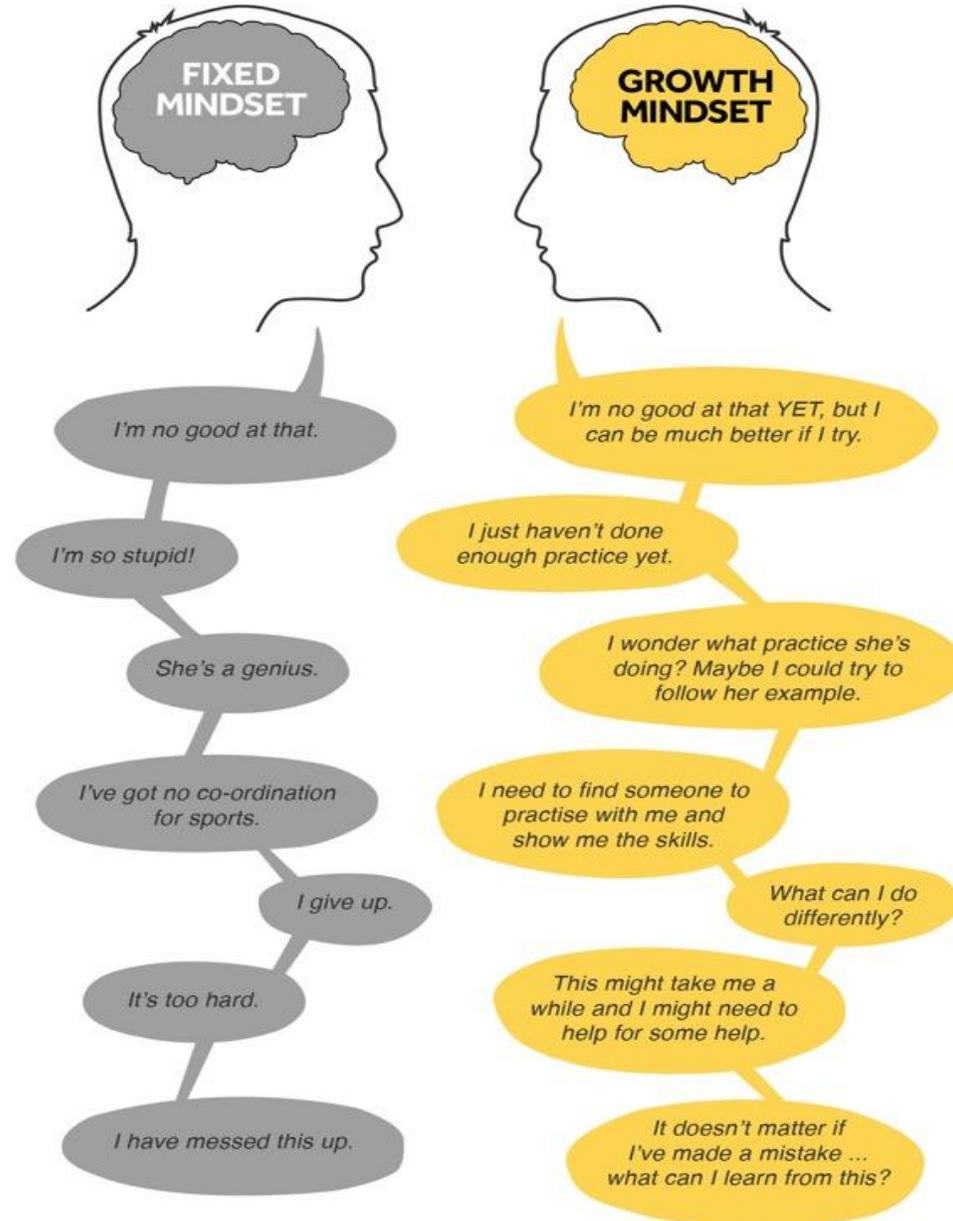
I can improve in this area, if I practice.



What might you think in each mindset?

TASK:

- Look at these two people, each with a different mindset.
- Which mindset are you and why?
- Does it change depending on different situations in your life?
- Are you someone who thinks that you are just born intelligent?



Let's **STAY** on our **AWESOME MISSION** and understand how we can get a **growth mindset** and **change those fixed mindset voices** we hear in our heads.

When your brain tries to tell you, 'you can't do this, **make sure you tell it that it is talking nonsense!**

Activity: The Worry Jar

There are ways of doing this!

- What are the things you tend to worry about which might stop you from trying something new or hard?
- Write them down on strips of paper
- Put those strips of paper in a worry jar – any jam jar or a pot will do.
- In a week's time, look at the strips of paper again (maybe with a parent or sibling) and see if the worries still apply.
- Throw away the ones that don't.
- Take a look at the ones that are still worrying you. Is there someone you can talk to about these?



You can only change the way you think if you practice. You need to get the right kind of practice.

- practice skills which will help you achieve your goals.
- Do your research or ask for help so that you know what to practice.
- practice specific things.
- Test yourself from memory.
- practice things over and over again.
- practice things in different ways.
- Challenge yourself.

*"All highly competent people continually search for ways to keep learning, growing, and improving."
Benjamin Franklin*

TASK:

- Identify three things that you say you 'can't do'. Write them down.
- Now write each thing down using a growth mindset approach. For example, 'I can't do maths' turns into, 'I am going to practice the things in maths that I can't do yet'.
- Think of something you've always wanted to get better at. Write it down. How could you practice that thing now?

Use this time before Year 7 to have a go at things.



At secondary school, you will...

- Do subjects you have never done before
- Be asked to work in ways that are new
- Find that you have forgotten a lot because you haven't been in school for a while
- Work with people who are different to you
- Find work challenging because it is a new key stage
- Be with people who you think are more clever than you
- Be with people who you think are perhaps not as clever as you.

What will your brain say when you face these things? Will it say 'I can't do it', 'I won't ever be able to do it' OR will it say, 'I am going to try hard, practice and not give up'?



I can't do this **YET**
I'm not good at this **YET**
I don't understand this ... **YET**
It doesn't work **YET**
This doesn't make sense ... **YET**



Don't fear failure. Failure is how we learn to be better!

Most people who have success have all made lots of mistakes and 'failed' before that success.

If you don't believe us...



J.K. Rowling was 32 years old when the first Harry Potter book was published. 12 publishers rejected her! She never gave up, even though 12 publishers didn't think Harry Potter would come to much.

“Failure taught me things about myself that I could have learned no other way. I discovered that I had a strong will, and more discipline than I had suspected.”

- J.K. Rowling

Year 7 is about trying your best, giving new things a try, not labelling yourself, making mistakes and practice, practice, practice.

Keep the RIGHT mindset at BA and you will BE AWESOME!

