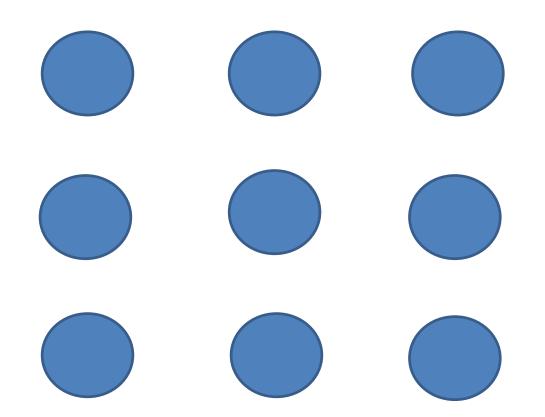
### **GROWTH MINDSET**

Cathy O'Connor, Anita Curran, Melissa Carey & Rachael Kenny





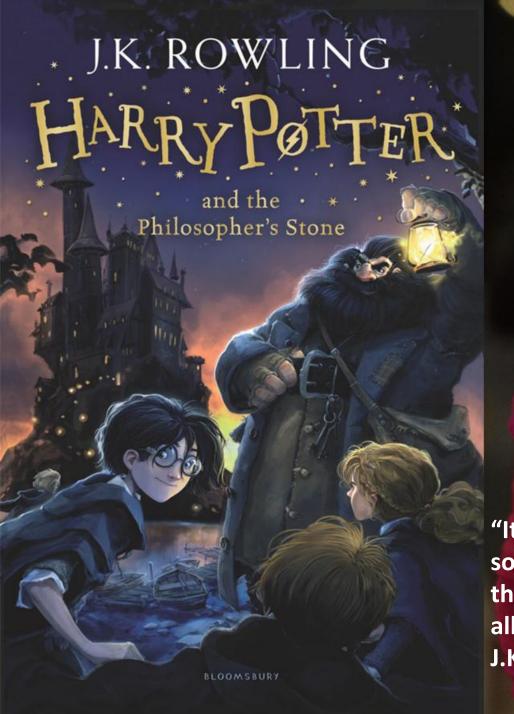
## ARE PEOPLE BORN SMART?





### WHO IS THIS PERSON?

- she had a difficult relationship with her father
- lost her mother
- marriage collapsed
- she survived on benefits
- Experienced suicidal thoughts.
- rejected by a mighty 12 publishers.





"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default." --- J.K. Rowling

#### WHO IS THIS PERSON?

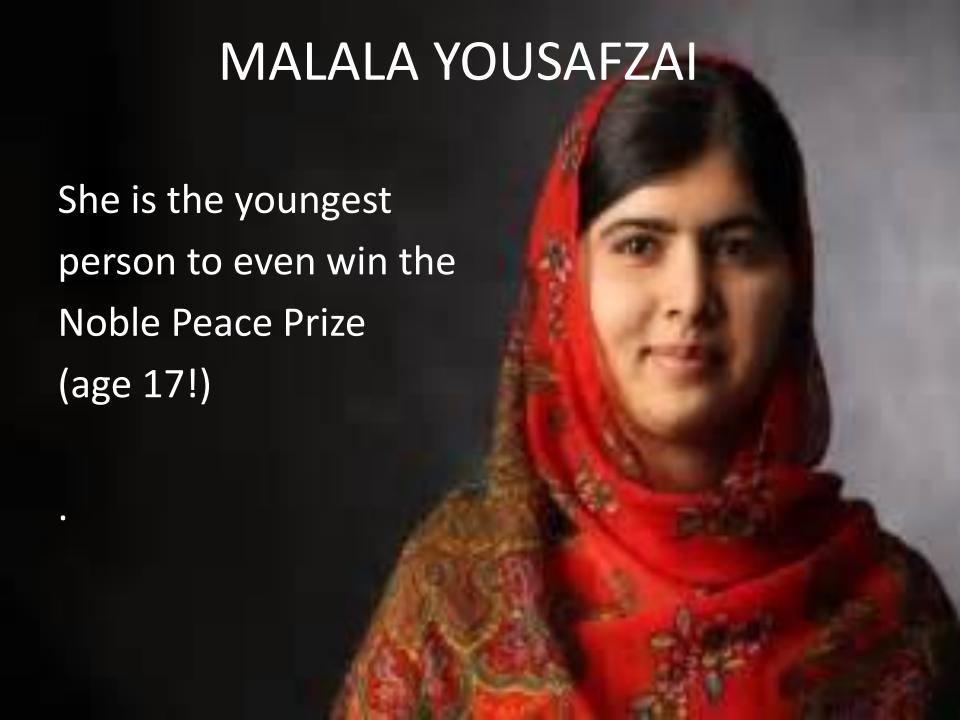
- His teacher called him a hopeless composer
- He had to take care of his two younger brothers when his parents became sick.



## LUDWIG VAN BEETHOVEN

### WHO IS THIS PERSON?

- She is known for human rights advocacy for education in Pakistan.
- She blogged about her life in Pakistan for the BBC from 2008-09.
- At the age of 15, she was attacked by a militant group who banned girls from attending school



### DID YOU KNOW?

- Albert Einstein's teacher said he was "academically subnormal"
- Michael Jordan's coach said that he wasn't more talented than other people
- Stephanie Meyer's book Twilight was rejected
   14 times before it became a best seller.

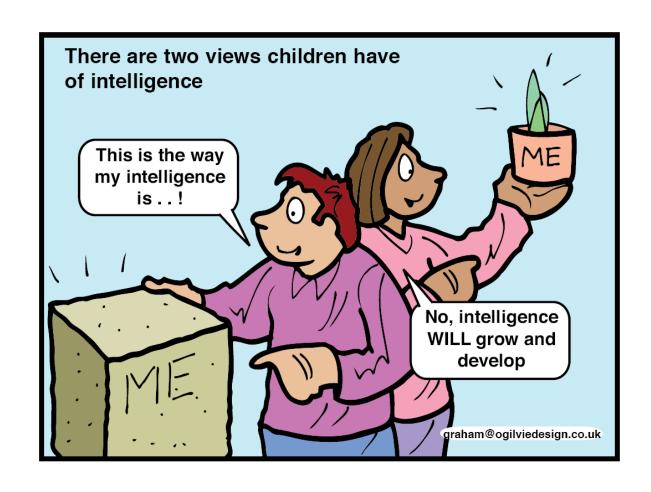
## ARE PEOPLE BORN SMART?



### **SURVEY**



# Mindsets; Two beliefs about intelligence



## Fixed mindset

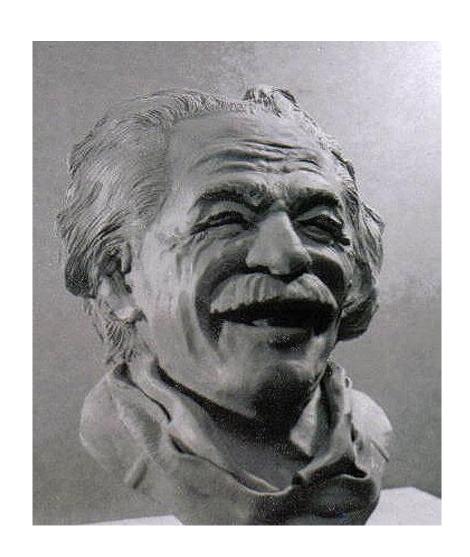
Believes:

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

ALL individuals CAN LEARN and improve

We CANNOT MEASURE a person's POTENTIAL

# What do you believe about effort?

Do you believe that with hard work and effort you can help you to improve?

or

Do you believe that putting effort in only shows that you were not good at it in the first place?

## Response to failure

SOME PEOPLE...

BLAME themselves,

Feel DEPRESSED and

GIVE UP trying

OTHERS...

Don't think that they are failing, so BLAME NO ONE

KEEP GOING and

Remain HOPEFUL that they will get there

#### **GROWTH MINDSET RULES**

- 1. Learn, learn, learn!
- 2. Work hard.
- 3. Effort is key.
- 4. Learn from mistakes

# Think about your hero...

Do you think of this as someone with extraordinary abilities who achieved things with little effort?

# Now go and find out the truth!

Find out the tremendous effort that went into their accomplishments

and admire them even more.

## Before you go....

