



Research from Neuroscience  
tells us that our IQ  
is not fixed...

When we begin to learn  
something new, our brains  
physically change,  
NEURONS (brain cells) begin  
to connect to other  
neurons to create  
NEW NEURAL CONNECTIONS  
(information pathways  
between brain cells).

As our brain structurally  
changes our IQ can develop.



how does our  
**BEHAVIOUR**  
impact on our **BRAIN?**

By attempting or repeating tasks over and over, we develop and strengthen neural connections (information highways between brain cells), and the structure of our brain changes.

This is called **NEURO PLASTICITY.**

As new Neural Connections develop, we become better at whatever task or skill we have been

**PRACTISING.**

**Why** is it important  
to know that our **brain**  
**physically changes**  
when we learn?

It influences the

**MINDSET** we  
develop. A **MINDSET** is the way in  
which a person psychologically  
approaches learning.

You can see **MINDSETS** at work  
when we look at **the way two**  
**people respond to failing**  
**the same task.**

Difference in **MINDSETS** is the  
reason why one person gives up  
and the other continues, tries  
again and masters the task.

WE MAY NOT  
BE AWARE  
THAT WE  
HAVE  
'A MINDSET'

**BUT IT IS  
VERY  
POWERFUL**

AS IT SETS  
OUT HOW  
WE RESPOND  
TO FAILURE.

SOMEONE  
WITH A  
**GROWTH  
MINDSET**  
SEES THAT  
THE MOMENT OF  
**FAILING** IS  
ACTUALLY  
A MOMENT  
DURING  
THE PROCESS OF  
**LEARNING**

**A GROWTH  
MINDSET** is  
what  
psychologists  
believe helps  
us to succeed  
at learning.



**A GROWTH  
MINDSET** depends  
on us knowing that  
our brain physically  
changes, becomes  
faster and smarter,  
the more we attempt  
to learn or practise  
a skill.

The more we  
attempt a task  
the greater  
the physical  
change  
in our brain.

A person with a  
**GROWTH  
MINDSET**  
knows their  
intelligence and  
abilities are not  
'a given', that they  
can be changed and  
improved by effort  
and perseverance.

WE NEED TO  
PERSEVERE  
IN ORDER  
TO SUCCEED

ASK YOURSELF  
THESE  
QUESTIONS:

WHAT DO I  
NEED TO DO  
DIFFERENTLY  
FOR THIS TO  
WORK?

WHAT HELPED  
ME  
THE LAST TIME  
I WAS  
LEARNING  
SOMETHING  
NEW?



WHY IS  
FAILING  
AT  
SOMETHING  
NECESSARY  
FOR US  
TO SUCCEED  
AT  
THAT  
SAME  
THING?

we have always known the answer  
but perhaps have forgotten...

Your brain as a baby or toddler is not  
the same physically as it is now.

## **YOU ARE MORE INTELLIGENT NOW!**

**WHY?** through a series  
of constant failures- failure  
at feeding, toileting, walking,  
talking, running, reading:  
you developed your intelligence.

Through failure, perserverance and  
effort you changed your brain.  
Through practising tasks that you  
initially found hard, new NEURAL  
PATHWAYS were forged,  
you became smarter,  
better at walking, talking, running,  
and reading.

# WHICH **MINDSET** ARE YOU USING AT COLLEGE?

Take the Quiz:

**AGREE**  
or  
**DISAGREE**



# The Research... [Learn more](#)

**Carol Dweck**, is a professor of psychology at Stanford University, she is a leading researcher in the psychology of motivation and achievement.

Her ground breaking research on MINDSETS (growth mindset and fixed mindset) has influenced how we understand how we reach our potential and what helps us persevere in the face of adversity.

Mindset How You Can Fulfil Your Potential by Dweck, Carol

(AUTHOR) Feb-02-2012 Paperback



# ◀ Bibliography

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<https://www.youtube.com/watch?v=-71zdXCMU6A>

# Useful Links...

<b>TEDX TALK - The Power of believing that you can improve, Carol Dweck</b>	<a href="https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve">https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve</a>
<b>"Developing a Growth Mindset" Carol Dweck</b>	<a href="https://www.youtube.com/watch?v=hiiEeMN7vbQ">https://www.youtube.com/watch?v=hiiEeMN7vbQ</a>
<b>The Power of belief- Mindsets and success- Eduardo Briceno</b>	<a href="https://www.youtube.com/watch?v=pN34FNbOKXc">https://www.youtube.com/watch?v=pN34FNbOKXc</a>

People demonstrating a **GROWTH MINDSET** where **Effort, Perseverance, Practise** have been the cornerstone of their success. Where moments of failure are seen as not having got there 'YET', that our abilities are not 'fixed' but can be developed.

Watch how this young woman learned to dance in a year.	<a href="http://danceinayear.com/">http://danceinayear.com/</a>
The 'Seinfeld solution' is the simple method, attributed to Gerry Seinfeld the world famous stand-up comic and creator of the Seinfeld tv series. This article tells how this one simple approach helped him become one of the best comics of his generation.	<a href="http://www.rich20something.com/how-the-top-1-actually-makes-progress-aka-the-seinfeld-solution/">http://www.rich20something.com/how-the-top-1-actually-makes-progress-aka-the-seinfeld-solution/</a>
Nicholas McCarthy was born with one hand and despite this became a successful concert pianist.	<a href="https://www.youtube.com/watch?v=m9dNZKNVqrw">https://www.youtube.com/watch?v=m9dNZKNVqrw</a>

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