why is Failing at something necessary for us to succeed at that same thing?
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.
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?
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, perseverance 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
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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<tr>
<td><strong>TEDX TALK - The Power of believing that you can improve, Carol Dweck</strong></td>
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<td><strong>&quot;Developing a Growth Mindset&quot; Carol Dweck</strong></td>
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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. |
| 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. |
| Nicholas McCarthy was born with one hand and despite this became a successful concert pianist. |
| [https://www.youtube.com/watch?v=m9dNZKNVqrw](https://www.youtube.com/watch?v=m9dNZKNVqrw) |

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