





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





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

A person with a GROWTH MINDSET

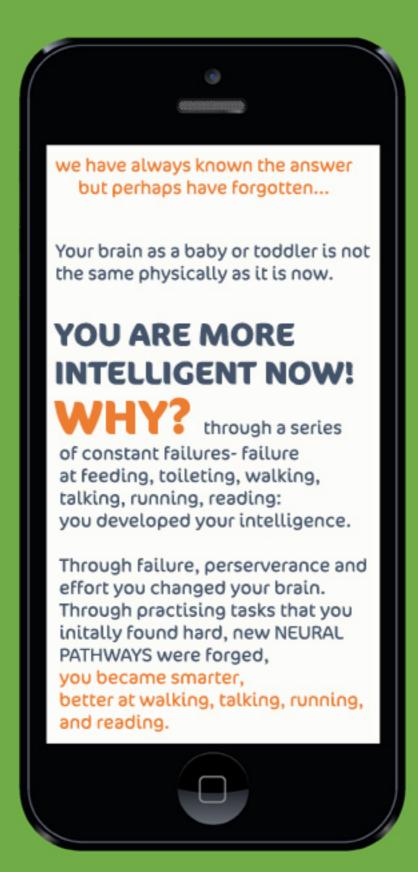
knows their intelligence and abilities are not 'a given', that they can be changed and improved by effort and perseverance.

WE NEED TO PERSEVERE IN ORDER TO SUCCEED

ASK YOURSELF THESE OUESTIONS:

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

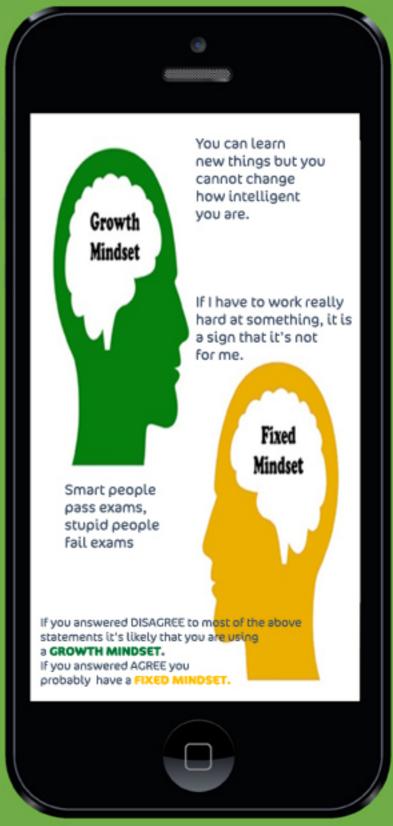
WHAT HELPED ME THE LAST TIME I WAS LEARNING SOMETHING NEW? WHY IS
FAILING
AT
SOMETHING
NECESSARY
FOR US
TO SUCCEED
AT
THAT
SAME
THING?



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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- Briceno, E. (2012, November 18). TEDx Talks. Retrieved from YouTube: https://www.youtube.com/watch?v=pN34FNbOKXc
- Dweck, C. (2007). Mindset: The new Psychology of Success. New York: Ballantine Books.
- Dweck, C. (2014, October 9). Standford Alumni youtube channel. Retrieved from youtube: https://www.youtube.com/watch?v=hiiEeMN7vbQ
- Dweck, C. (2014, November). The power of believeing that you can improve.

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  https://www.ted.com/talks/carol\_dweck\_the\_power\_of\_believing\_that\_you\_can\_improve.
- Dweck, C. (2016, July 16). Talks at Google. Retrieved from YouTube: https://www.youtube.com/watch?v=-71zdXCMU6A

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# Useful Links...

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

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

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