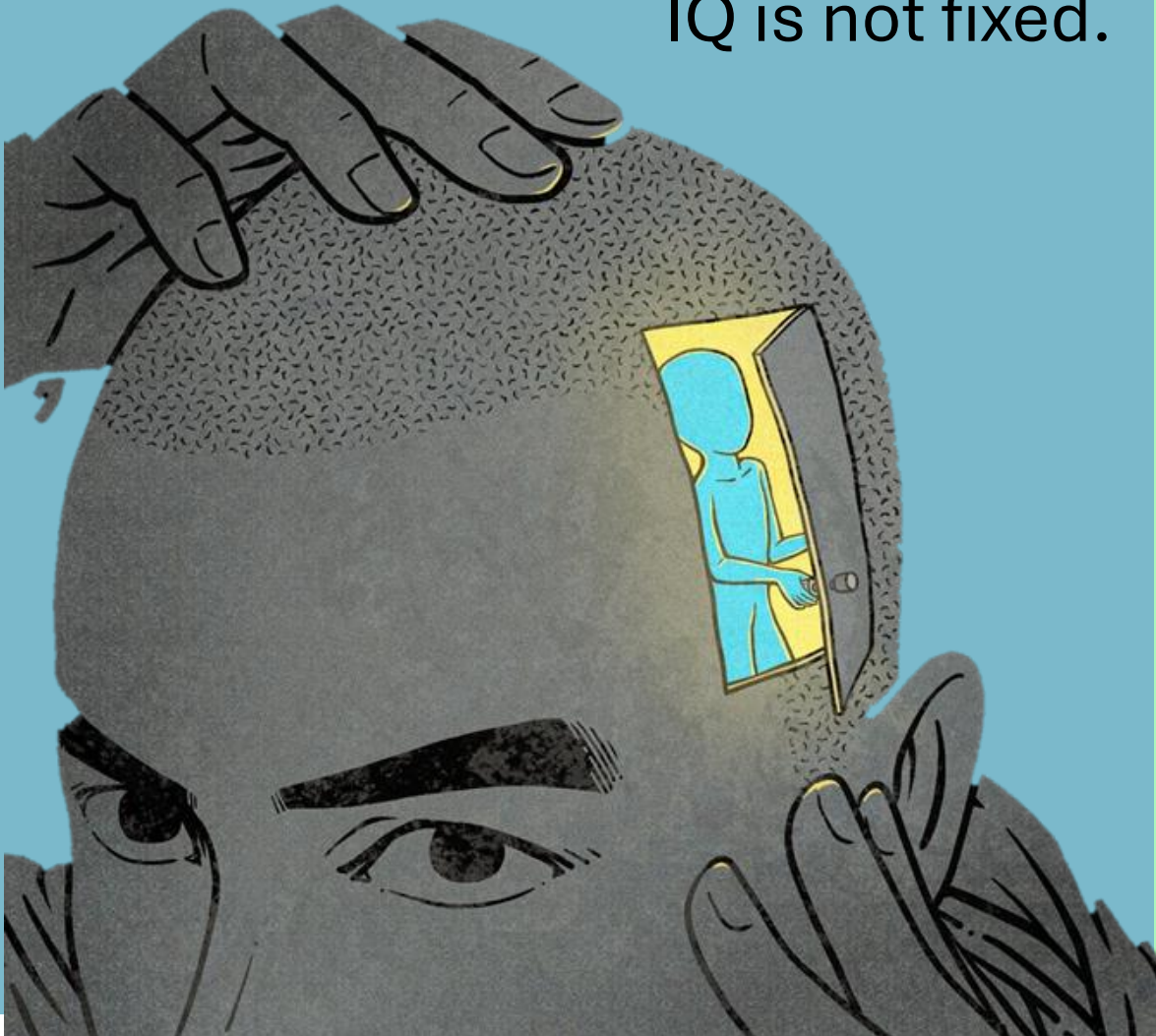


# RESPONDING TO FAILURE

Why is failing at something  
necessary for us to succeed at that  
same thing?

Research tells us that our IQ is not fixed.

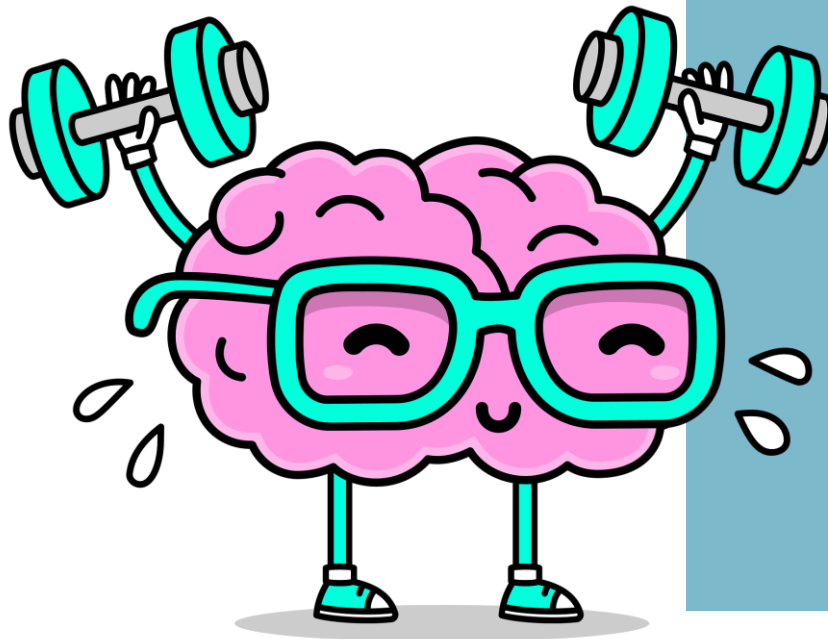


When we begin to learn something new, our brains physically change.

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 have an impact on our brain?



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

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 mind-set is the way in which a person psychologically approaches learning.*

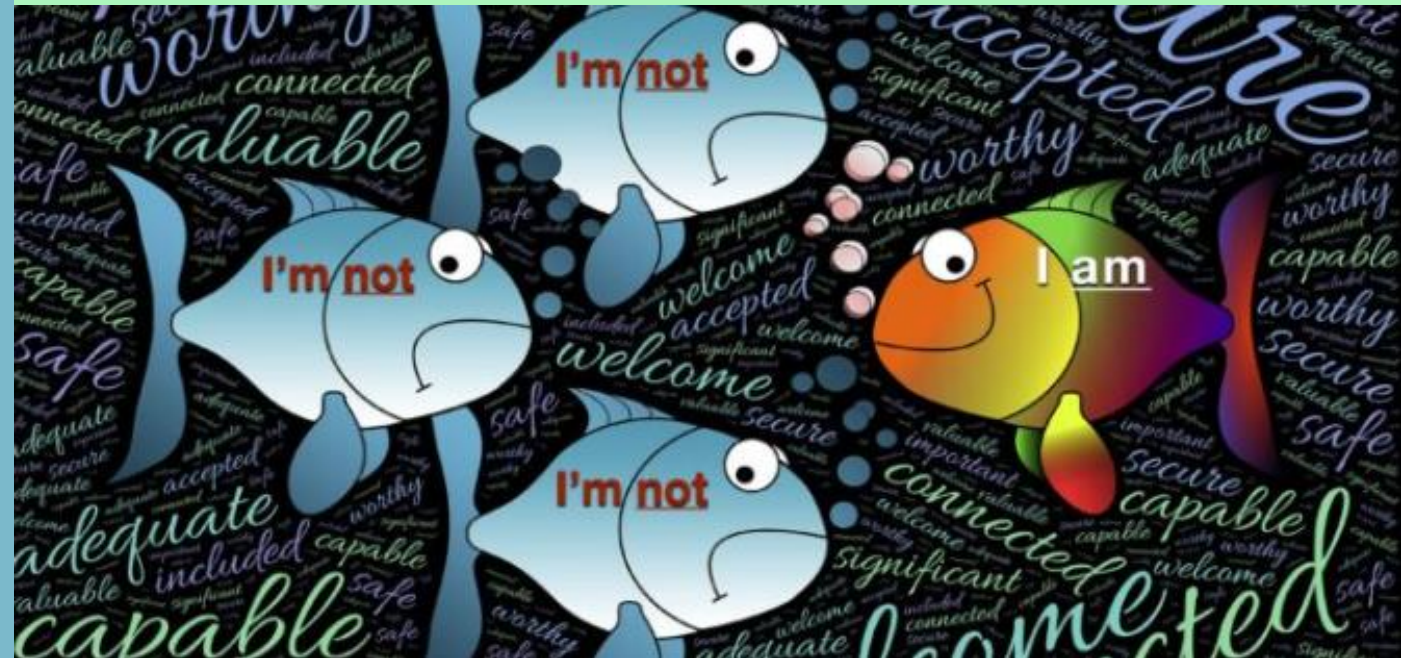


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We may not be aware that we have a  
**‘Mindset’** but it is very powerful as it  
sets out how we respond to failure.

Differences in mindsets is the reason why one person gives up

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



and the other person continues, tries again and successfully completes the task.

Psychologists believe a **Growth Mindset** helps us to succeed at learning.



Someone with a Growth Mindset considers that the moment of failing, is actually a vital part of the learning process.

A Growth Mindset depends on us realising that our brain physically changes, becoming faster and smarter, the more often we attempt to learn or practise a skill.

**The more we attempt a task, the greater the physical change in our brain!**



# We need to persevere to succeed

A person with a Growth Mindset acknowledges that their own intelligence and abilities are not 'a given' but can be changed and improved by effort and perseverance.



## Ask yourself these questions:

1. What can I do differently for this to work?
2. 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 a toddler is not the same physically as it is now.



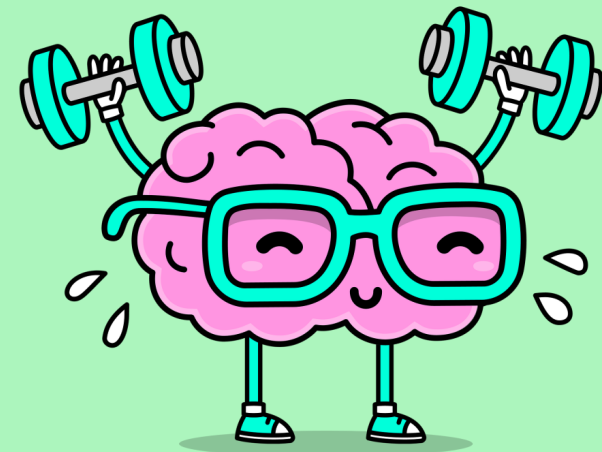
You are now more intelligent.  
**Why?**

Through a series of constant failures: failure at feeding, toileting, walking, talking, running, reading, you developed your own intelligence.

Through failure, perseverance and effort you changed your own brain.

By practising tasks that you initially found difficult, Neural Pathways were forged.

You became smarter, better at walking, talking, running and reading.



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# Which 'Mindset' are you using at college?

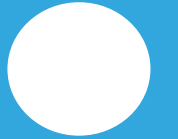
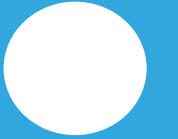
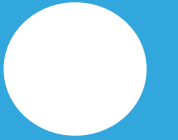
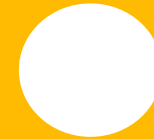
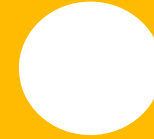
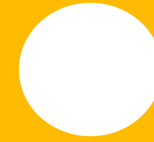
Take the quiz- *agree* or *disagree*



You can learn new things, but you cannot change your intelligence.

If I have to work really hard at something, it is a sign that it is not for me.

Smart people pass exams, stupid people fail exams.



If you answered '*disagree*' to most of the above statements, it is likely you are using a **Growth Mindset**.

If you answered '*agree*' it is likely you are using a **Fixed Mindset**.

FIXED  
MINDSET



GROWTH  
MINDSET



# 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

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