

**How good at learning are  
you?**

The merits of a growth mind-set

Take a minute or two to answer these questions. There are no right or wrong answers here. Just circle the button that you think works best for you!

## PART #1

CIRCLE ONE BUTTON THAT YOU THINK BEST FITS!

1. You can always change your talent a good amount, no matter how much you have.



2. I like work the best when it makes me think hard.



3. I like doing things that I'll learn from even if I make a lot of errors.



4. When something is hard, it makes me want to spend more time on it, not less.



## PART #2

NOTICE WE CHANGED THE SCORING FOR THIS PART. READ CAREFULLY!

5. You can always learn things, but you can't really change how smart you are.



6. I like work the best when I can do well without putting a lot of effort in.



7. I like doing work that I can do perfectly almost all of the time.



8. When I have to put extra work in it makes me feel like I'm not as good as my peers.



# WHAT IT MEANS

## **8-16**

You firmly believe that your talents, skills, and abilities are set traits. These things can't be changed very much. If you can't perform really well and look good on a test or project you would rather just not do it. You think that smart and talented people don't have to work very hard to be good.

## **17-24**

You think that your skills and intelligence probably don't change much. You like situations where you perform well, are less likely to make mistakes, and don't have to put in too much effort. You believe that learning and getting better at things should be relatively easy.

## **25-32**

You're not too sure whether or not you can change your skills and intelligence. Your grades and performances are important to you and so is learning. You're not the biggest fan of putting in too much effort though.

## **33-40**

You believe that you can develop your skills and intelligence. You really care about learning and don't mind having to put in some effort to make it happen. Performing well matters to you but you think that learning is actually more important than always scoring well and looking good.

## **41-48**

You totally believe that you can grow and improve your skills and intelligence. You love challenges and know that the best way to learn is by working really hard. You don't mind making mistakes or looking bad in order to get better.

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# What's it all about?

<b>FIXED MINDSET</b>		<b>GROWTH MINDSET</b>
<ul style="list-style-type: none"><li>• SOMETHING YOU'RE BORN WITH</li><li>• FIXED</li></ul>	<b>SKILLS</b>	<ul style="list-style-type: none"><li>• COME FROM HARD WORK.</li><li>• CAN ALWAYS IMPROVE</li></ul>
<ul style="list-style-type: none"><li>• SOMETHING TO AVOID</li><li>• COULD REVEAL LACK OF SKILL</li><li>• TEND TO GIVE UP EASILY</li></ul>	<b>CHALLENGES</b>	<ul style="list-style-type: none"><li>• SHOULD BE EMBRACED</li><li>• AN OPPORTUNITY TO GROW.</li><li>• MORE PERSISTANT</li></ul>
<ul style="list-style-type: none"><li>• UNNECESSARY</li><li>• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH</li></ul>	<b>EFFORT</b>	<ul style="list-style-type: none"><li>• ESSENTIAL</li><li>• A PATH TO MASTERY</li></ul>
<ul style="list-style-type: none"><li>• GET DEFENSIVE</li><li>• TAKE IT PERSONAL</li></ul>	<b>FEEDBACK</b>	<ul style="list-style-type: none"><li>• USEFUL</li><li>• SOMETHING TO LEARN FROM</li><li>• IDENTIFY AREAS TO IMPROVE</li></ul>
<ul style="list-style-type: none"><li>• BLAME OTHERS</li><li>• GET DISCOURAGED</li></ul>	<b>SETBACKS</b>	<ul style="list-style-type: none"><li>• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.</li></ul>

# It's all connected!



# How do you spot a Zoo Tiger?

## Zoo Tiger – Fixed Mindset

- Passive (often destructive)
- All talk but little action
- Like easy/avoid hard
- **High levels of anxiety**
- **Focus on things they have no control over**
- **Make excuses and like to blame others**
- Focus on outcome but not on process
- **Worry about making mistakes**

## Jungle Tiger – Growth Mindset

- Proactive
- They get on and do
- **Seek out and are comfortable with challenge**
- **Focus on what they can do and control**
- Take responsibility
- Show high levels of effort, persistence, resilience
- **Look upon making mistakes in a more positive light**



# The concept of yet

- The **power of YET** OR the *tyranny of now*
  - Acknowledge **YET** to focus your learning on developing into the future
  - Learners focused on **NOW** said:
    - Cheat vs study more
    - Find someone worse
    - Run from difficulty

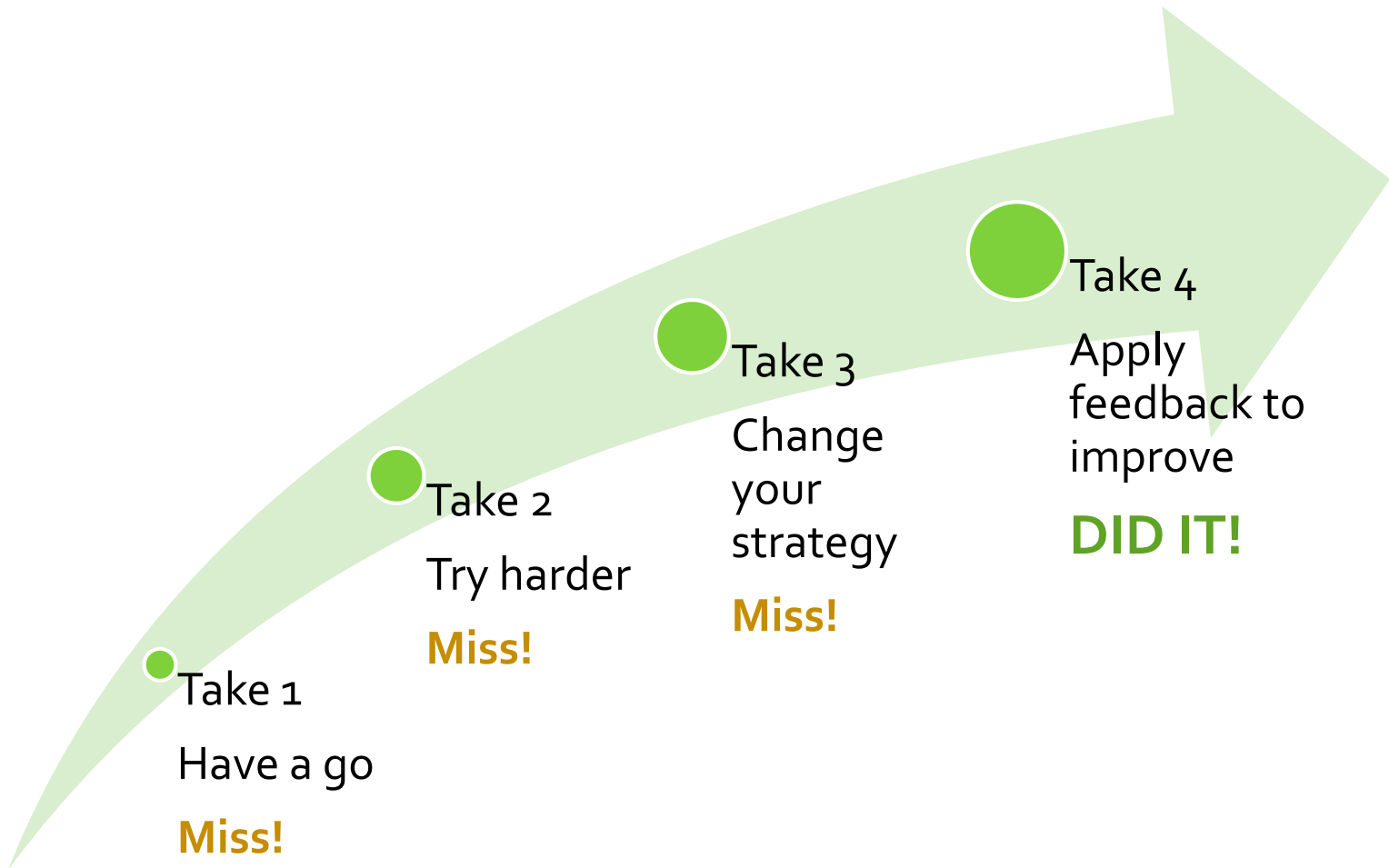
# The bridge to yet

- Focus on the process
  - Reinforces challenge
  - Develops resilience
- Results in
  - Effort
  - Strategy
  - Progress
- Use the terms YET and NOTYET after a setback
  - Greater confidence
  - Greater persistence
- DON'T focus on your perceived intelligence
  - Encourages vulnerability
- Results in
  - Encourages FMS
  - Stop trying
  - Risk less
  - Worry about perception of others

# How to get good at stuff!

1. Believe that you can learn
2. Be engaged
3. Stretch outside of your comfort zone
4. Do it a lot
5. Make a lot of mistakes
6. Do it more

# Miss-takes



# How do you FAIL?



# Behaviour for learning

1. Proactive Learner – Growth
2. Active Learner – Growth/Fixed
3. Passive Learner – Fixed
4. Disruptive Learner – Negative!!!

# Things YOU can do to develop a growth mindset/become a Jungle Tiger

- Admit it!
  - **YOU** need to acknowledge **YOUR** fixed mind set in order to shift to one of growth
- Focus on the process
  - NOT intelligence/talent
  - Talk less about your grades and more about your approach
- Recognise the importance of and Invest in;
  - Effort, struggle, risk, persistence & resilience
- Easy or hard?
  - Challenge yourself (push out of your comfort zone)
  - Easy is boring/hard is interesting!

# Things YOU can do to develop a growth mindset/become a Jungle Tiger

- Try to fail – with effort!
  - Don't worry about mistakes, embrace them and accept that they are a necessary part of effective learning
  - Celebrate the biggest failures!
- Use the power of YET
  - Progress over time (not right now)
  - Be patient, keep trying and don't give up!
- Only concern yourself with things you can control
  - Reduce stress and anxiety by not worrying about things which you have no control over
  - Don't procrastinate, get on and DO!