

GROWTH-MINDSET

Students' toolkit

Room 2

Managing and focusing on goals



Entrance

Welcome in growth-mindset

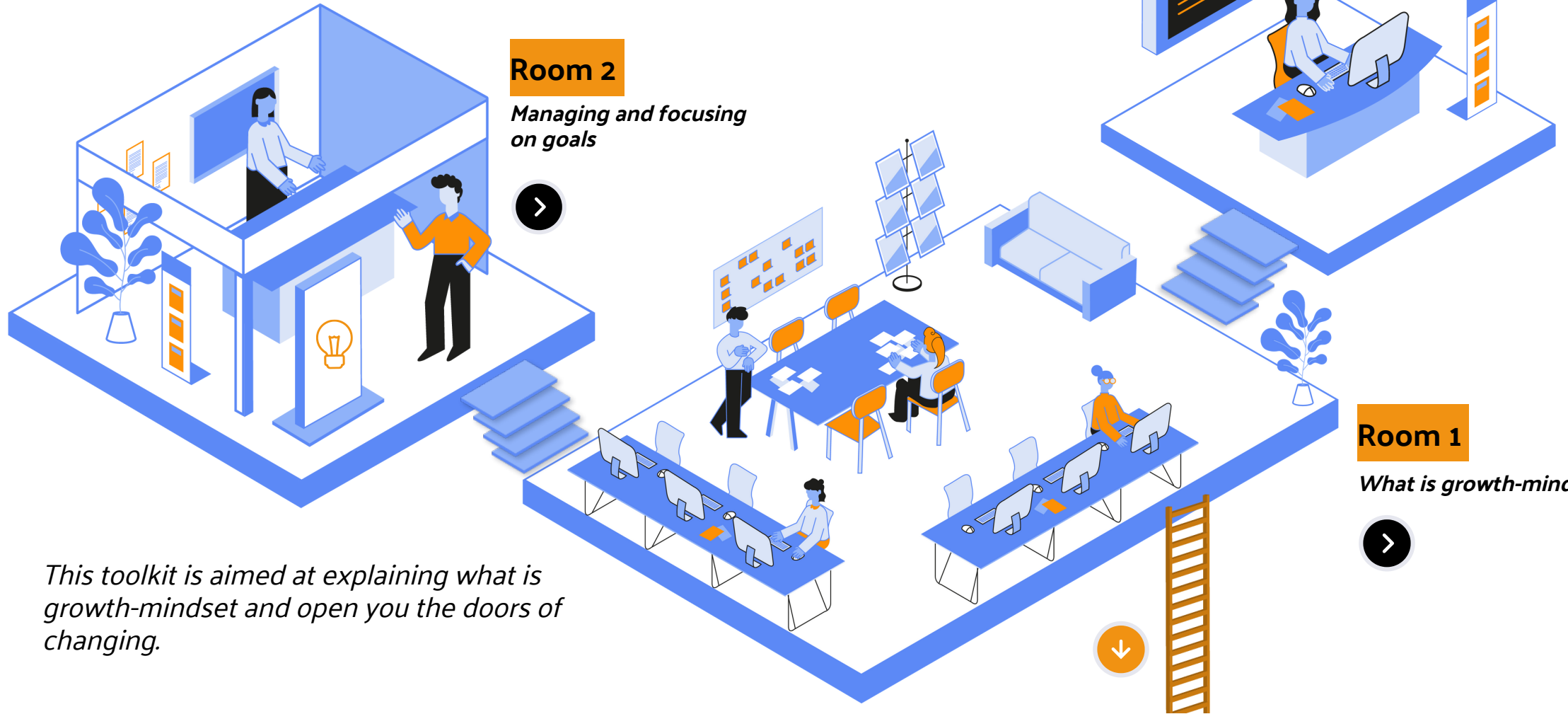


Room 1

What is growth-mindset?



This toolkit is aimed at explaining what is growth-mindset and open you the doors of changing.





Room 03

*Relationship with failures and success.
View mistakes as opportunities.*



Room 04

*The importance of
feedback*





Back



Entrance

Welcome to growth-mindset toolkit

Dear student,

our partnership is glad to meet you.

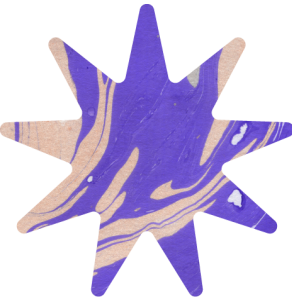
Here you will learn something extraordinary, aimed at changing your perspective on your learning path.

But before starting, check our short quiz and you will know if you're already a growth-mindset oriented person.

Whatever will be the result, this is the right place for you to start.

Have pleasant journey!

QUIZ



Express your agreement with the following statements. In the end check how your mindset is.

Intelligence is a trait you can change

Agree

Maybe

Disagree

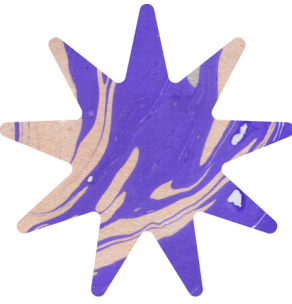


Intelligence can change with hard work and perseverance

Agree

Maybe

Disagree



Express your agreement with the following statements. In the end check how your mindset is.

Mistakes are valuable learning opportunities

Agree

Maybe

Disagree



Face a new challenge can be stimulating and I'm happy to try it.

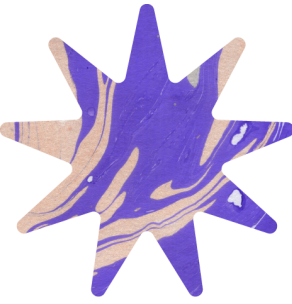
Agree

Maybe

Disagree



Express your agreement with the following statements. In the end check how your mindset is.



Talents are something you can acquire practising.

Agree

Maybe

Disagree

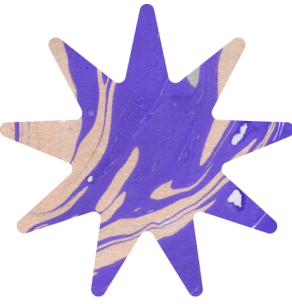


The harder you work at something, the more skilled you'll become.

Agree

Maybe

Disagree



Express your agreement with the following statements. In the end check how your mindset is.

Receiving feedback from others helps me improve.

Agree

Maybe

Disagree



Learning is an engaging activity and I enjoy learning new things.

Agree

Maybe

Disagree

**Check the result.
Whatever is the result, this toolkit is a valid help to make it possible.**

Majority Agree

You are growth-mindset oriented.

It means that you have a more open approach to your learning ability and you're not scared about failing.

Continue!



Majority Maybe

You are uncertain between growth and a fixed mindset.

Don't worry the majority of people stays in the middle, but this is a good reason to go towards a growth mindset.

Make it possible!

START >

Majority Disagree

You may have a fixed mindset.

Don't worry it's not a fault, our mindset has been influenced through the years by the traditional vision of intelligence and talent.

By the way, now we have discovered that everyone can make his/herself better.

Start your change!





Back



Room 01

What is growth-mindset?

To introduce you to the topic, watch the video.

To watch it with the subtitles in your mother tongue, follow the instructions

- Click on settings (GEAR icon)
- Click on Subtitles
- Scroll the list and click on your national language

The video will show automatically the translated subtitles.



OR WATCH IT HERE



How a growth mindset person is?



Learning Approach

A growth mindset person is enthusiastic about learning new things, even though he/she doesn't know them. Learning is an opportunity of improving and it deserves the effort.



Reaction to Challenge

The person embraces challenges, puts apart the fears and tries to manage them, also using creativity and problem-solving.

Perseverance and Participation

The growth mindset person sets clearly the goals that want to achieve and also engages in long-term planning. He/She is highly motivated to achieve them and persevere even in the face of difficulties. The goals he/she sets are ambitious and often go beyond the concept of academic achievement.



Communication

a growth mindset person is very open to dialogue and communicative. He/She feels comfortable socialising and talking with others, exchanging opinions and thoughts. He/She tends to be clear and use positive language.



Exercise

The fixed and growth mindset person in my mind

I won't ever be able to

1st STEP

Imagine a strong situation where you often react with a fixed mindset

when you repeat to yourself: I can't... I won't... I don't, I'm not able...

Embrace your fixed mindset. Imagine it as a separate persona.

Give that person a name: *Scared Lily, Anxious Mike, Lazy Lucy...*

Describe it in detail: *What does that persona think, how does it feel? What kind of instructions do you receive from it?*

Talk with the person, but find your own response and how to manage your relationship with it.

2nd STEP

Imagine a situation where you reacted with a strong growth mindset

The *"I want to try!"* attitude

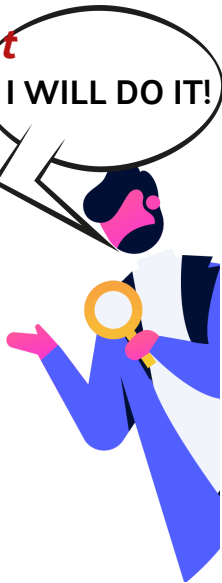
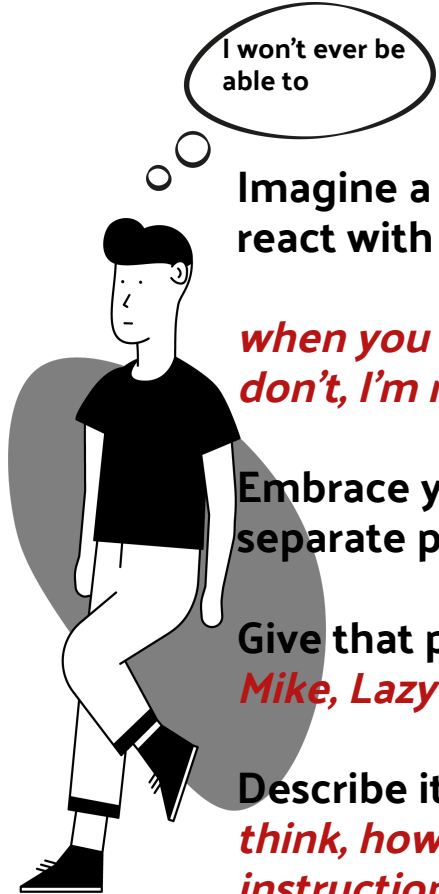
Dive into your growth mindset. Imagine it as a separate persona.

Give that person a name: *Curious Sam, Tolerant Flavio, Determined Mia...*

Describe it in detail: *What does that persona think, and how does it feel? What kind of instructions do you receive from it?*

Talk with the person and keep a note about its messages and think about how you can translate them into action.

I WILL DO IT!





Back



Room 02

Managing and focusing on goals



Everyone in their lives sets goals, goals to achieve that require planning, commitment and dedication. Some will want to become an athlete, others will want to graduate from college, others will want to travel far and wide around the world or become independent. No matter what the goal is, achieving it requires commitment and being aware of the path ahead.

It will happen, of course, along the way to change our minds, to feel that that goal no longer meets our needs.... No fear! As we grow, have new experiences, learn new things, it is normal to be able to change our minds and find something that satisfies us more. Then all we need to do is to stop and reflect, take advantage of what we have already learned, and start planning new routes for the future.



Back

Room 02



Very often, in the path we set to achieve our goals, we feel demoralized or challenged because they take so long to arrive or because we think we do not have enough time to work on them. What if we do have the time, but we use it poorly? Or what if we don't give our minds enough time to reflect? How often do we spend our time gathering external stimuli, but give ourselves little space to listen to our own ideas?



OR WATCH IT HERE

Save your time, trust your mind

Your Own Personal Statement

The personal statement is a sentence that will describe what your goals are for your future, a statement about what you want to be, taking into consideration different aspects of who you are. The statement will be your motivational mantra that should inspire you to plan and act toward those goals. To do so, answer these questions:

- 1. Is there something you made in the past that makes you feel proud of yourself?**
- 2. What activities make you feel full of energy?**
- 3. What are you good at?**
- 4. Are there values in which you strongly believe (such as family, loyalty, friendship, love...)**
- 5. What, according to you, does the world need?**

The combination of these answers will help you define your own personal statement. It's not necessary to think something far in time or that regards your far future, but also something related to the short-mid term. The statement will remind you of your goals and give you the motivation to persevere also in hard times.

Pursue the goal

There are two keys to achieve a goal:

Motivation

Motivation, the intrinsic reasons that drive you, are the ones that, despite the difficulties, will push you forward. Motivations, however, can change, and then you will have to reflect and think about how to recalibrate your goals and you can formulate a new personal statement.



Effort

Every goal requires commitment and some effort; in order to improve, to progress along the way we will have to learn new things, challenge ourselves and experiment. Do not be afraid to cross your limits, nothing is impossible if you have confidence in your abilities.



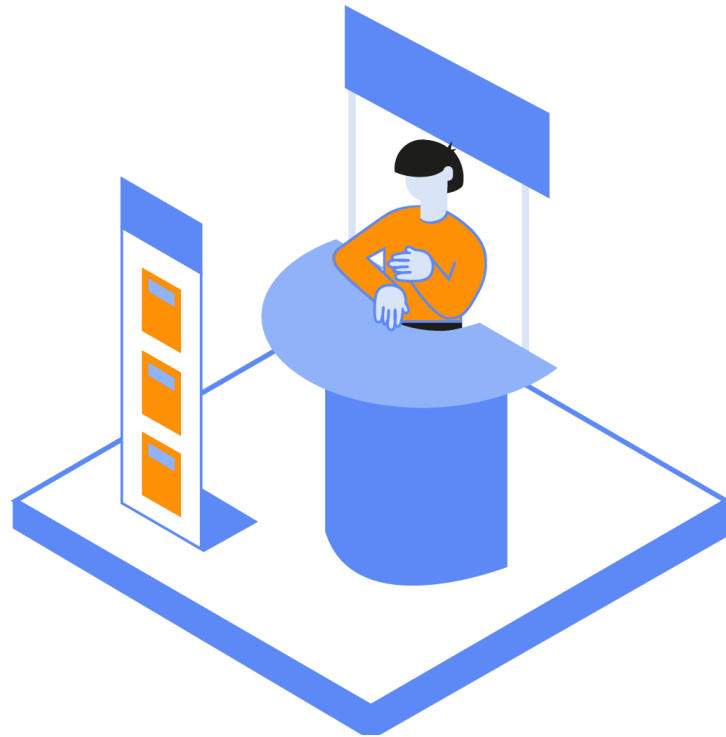


Back



Room 03

Relationship with failures and success. View mistakes as opportunities.



Embracing the growth mindset also implies a different approach to mistakes and failure: generally, and traditionally, making a mistake is something to be condemned or blamed for, generating negative feelings in the individual, which also affect their self-esteem and perception of themselves; the same thing is true for failure. We have been used to thinking that failure is something to be ashamed of, we forget, however, that making mistakes and failing are part of the learning and growth process.

How many times before we succeed in riding a bicycle have we fallen?

Probably many, but each attempt has taught us something, a new way to try, until we succeed.

As children, we have more courage to fail, and as we grow up, we are influenced by societal beliefs and biases that will cause us to stand still rather than try.

But how do we get better if we don't jump into the fray?



Back



What is serendipity?

"THE FACT OF FINDING INTERESTING OR VALUABLE THINGS BY CHANCE"

Why are we telling you about serendipity? Because it provides a shining example of how mistakes or distractions can lead to huge changes or new discoveries.

If we say **Christopher Columbus**, what comes to mind?

Columbus set out with the goal of charting a faster route to Asia, but as we all know, he discovered new land: America.

A mistake that led to one of the most important discoveries for European civilization at the end of the 1400s.

This is the proof we should not be afraid to make mistakes, because mistakes, even if they don't lead us to revolutionary breakthroughs, will certainly teach us something. They will push us on doing better, just trying another solution.

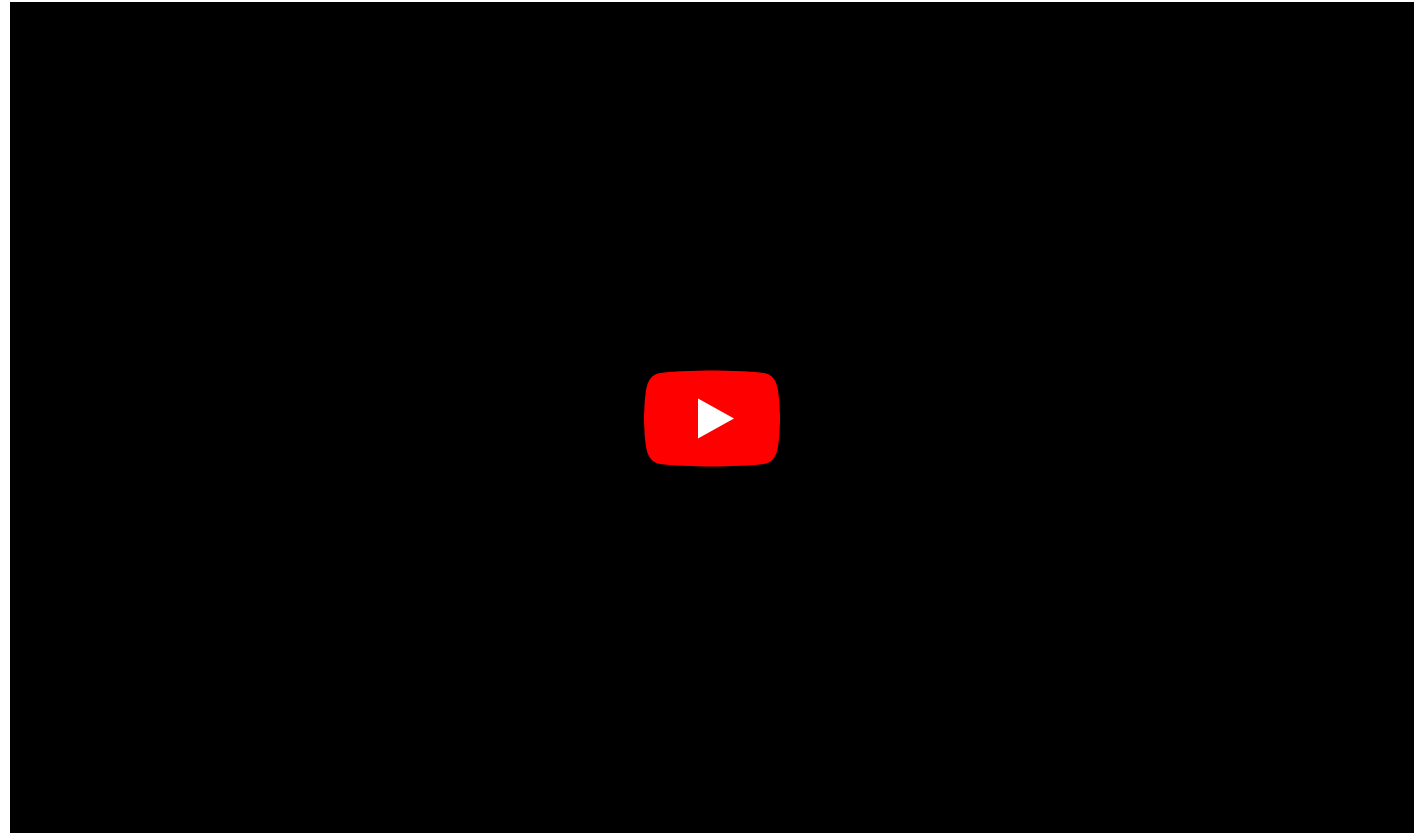
Be careful, though, remember to always act guided by common sense... making mistakes doesn't mean not paying attention to your safety!



Story of failure and success

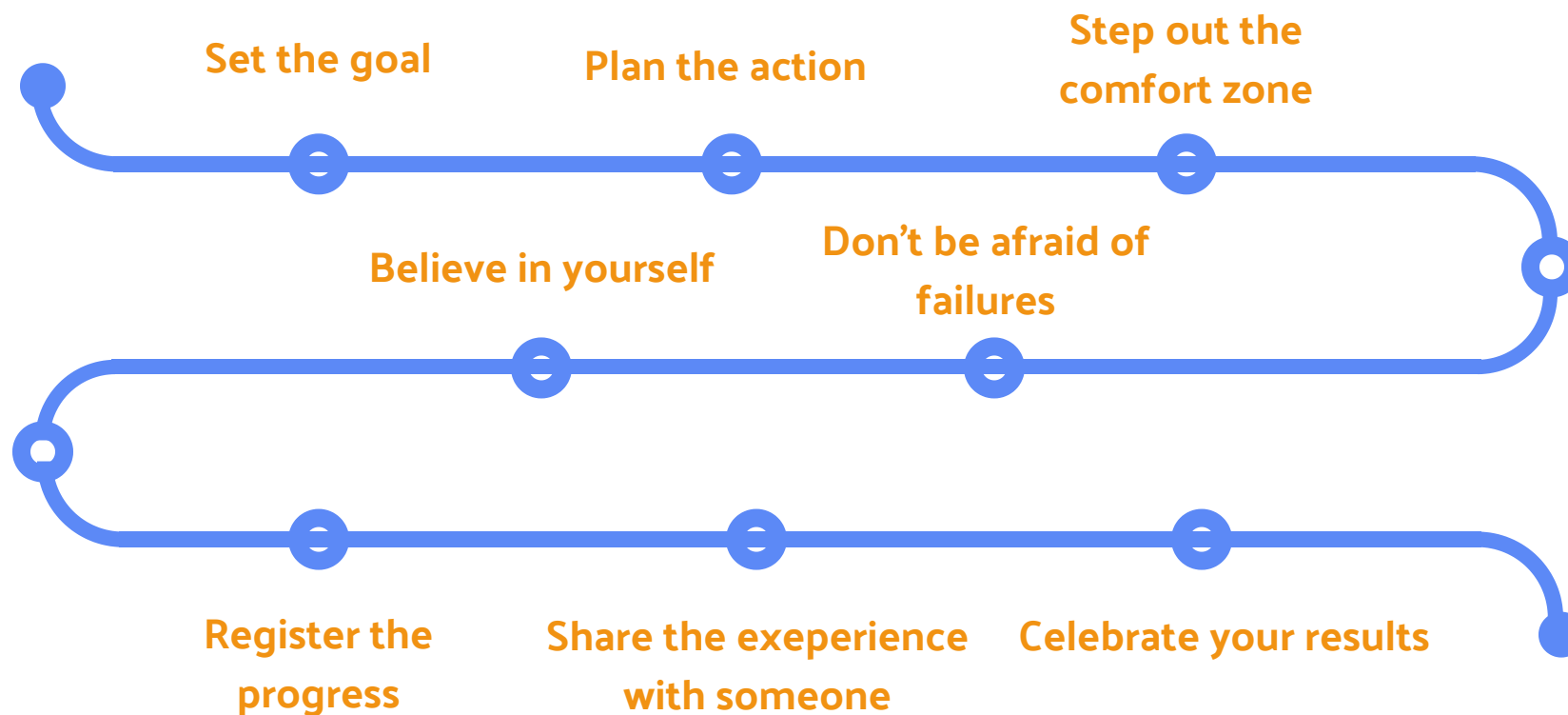
In this short video, you will hear the stories of some very famous people, that you will surely know like Michael Jordan or J.K. Rowling. As you can imagine, none of the characters told in the video has achieved immediate success, but has suffered burning defeats and rejections, but did not let himself be beaten: a goal (or a dream) can be stronger than the disappointment of a failure. The key to success, then, is commitment: try, study, persevere and continuously improve.

The road to a goal is never easy, but it's not impossible either, it's up to us to work hard to achieve it.



OR WATCH IT HERE

The route for success



There's not a rule for success, but these are some fundamental steps to take into account. Don't get discouraged if at the beginning you don't achieve the results, just focus on how you can do it better. Remember also to congratulate yourself if you reach a good result, and use them as motivation to continue and persevere along your path.

Try to build your own route for success



To understand how to manage your path toward success, start from small goals and then pass on the bigger ones. To be successful doesn't mean only reach the highest top, but also fulfill the daily life objectives. Of course, we have more than one goal in life, prioritize them and try to match them to have a clear path.

Motivation is the key of success. How many times we gave up doing something because we felt frustrated? Probably, we were motivated enough. When we strongly desire something, we will persevere even though the difficulties. So focus on the motivation that leads you in this path towards success.

To reach a goal, we have to plan the steps and the actions. Where do you start from? To build a successful path, it's necessary to proceed step by step, otherwise we will get lost. Imagine you as an engineer building an house: to make it you have to start from pillars, not from the roof.

A Coldplay's song said "Nobody said it was easy" but difficult doesn't mean impossible. To achieve a result, we have to make an effort: it seems to be hard, sometimes it is, but there isn't success without it. It could sound discouraged, but you know that the satisfaction will repay all your effort.





Back



Room 04

The importance of feedback

Another of the key features of the growth mindset is feedback and the way opinions and suggestions are expressed. In the journey of learning it is possible to fail or make mistakes, however, as mentioned above, commitment and perseverance are rewarding. Receiving feedback on your work can help you improve and learn from your mistakes.





Pay attention to how you address yourself and how you manage your relationship with your learning path. Don't berate yourself, but encourage yourself in your study and in dealing with mistakes and failure

The questions for a growth mindset

How will I challenge myself today?

What can I do to manage distractions?

What could I do differently next time to make it work better?

What else do you want to learn?

What's the next challenge?

Are you proud of the results? Why or Why not?



The power of the word "Yet"



▶ WATCH



Back



Thank you!

You have reached the end of the module in which we explained in a simple way what the growth mindset is, while also providing you with tips and exercises to start adopting or reinforcing it.

Step by step you will be able to change your approach to learning, setting and achieving your goals, while keeping your enthusiasm and determination high.

Yet is the magic word!

