

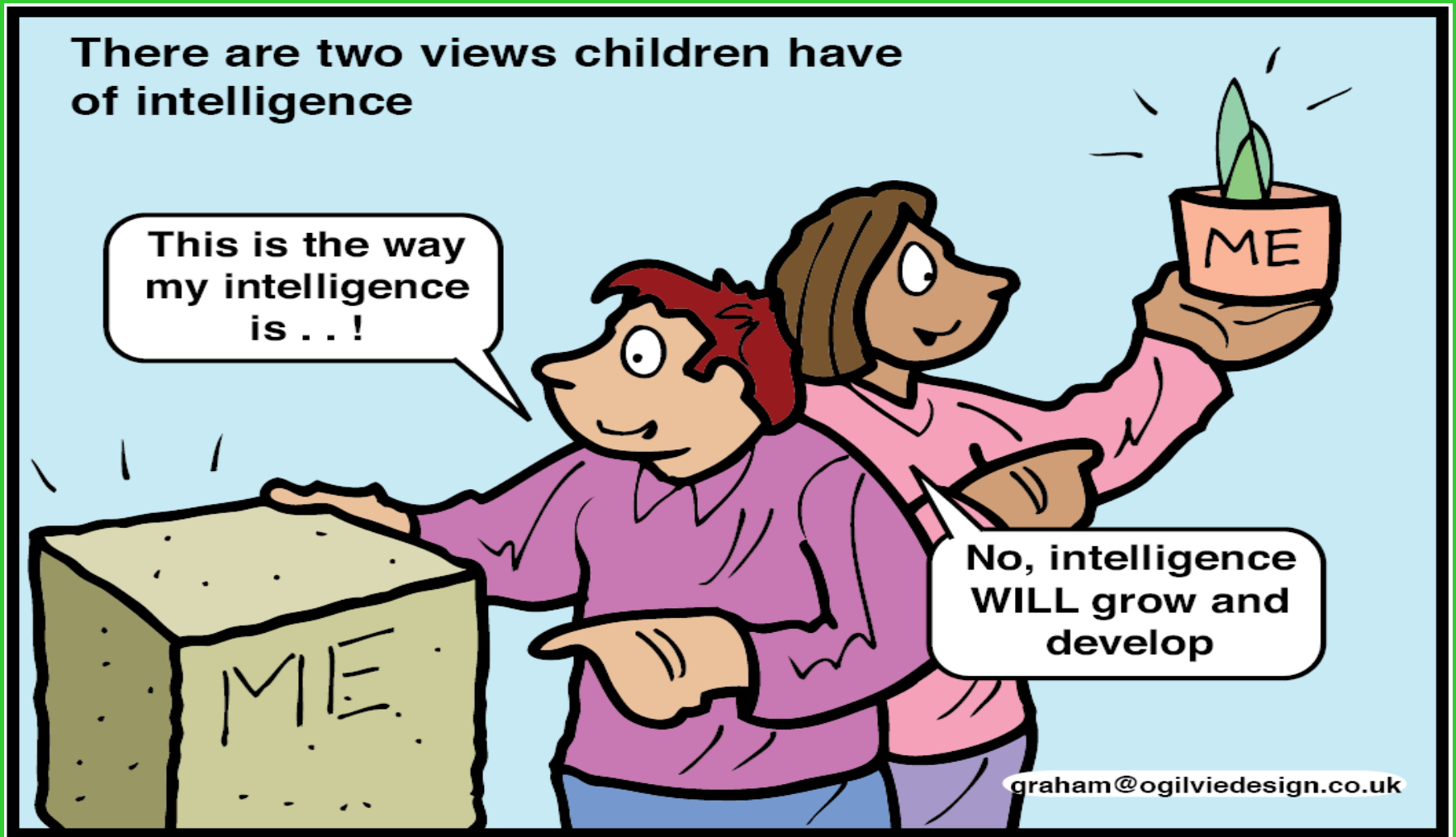
Growth Mindset  
for SUCCESS!

What do we mean by  
"intelligence?"

Are we born either smart or stupid?

Are we born either with talent or not?

# Two beliefs about intelligence:

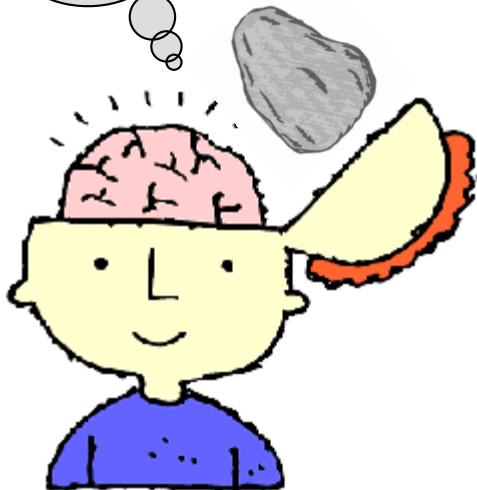


# They believe.....

If I am smart  
I shouldn't have  
to work hard.

If I fail it  
must mean I  
am not smart.

My intelligence  
is carved in  
stone.



If I fail then  
I can learn  
from it and  
get smarter.

I can work  
hard and  
improve.

My  
intelligence  
can grow.



How do these mindsets  
affect how we learn  
in school?

I like easy goals and being told I've done well.

I don't like hard work because I might not look clever.

My intelligence is fixed from birth.

I give up easily if I fail at something.

I like challenging learning goals and feedback which tells me how to improve.

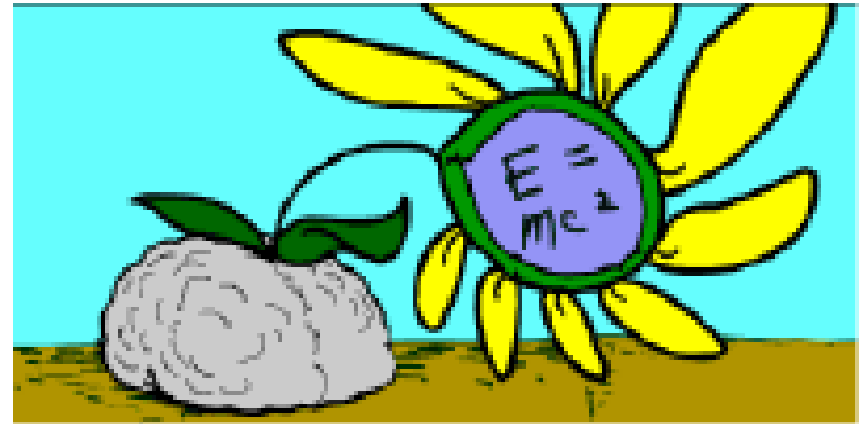
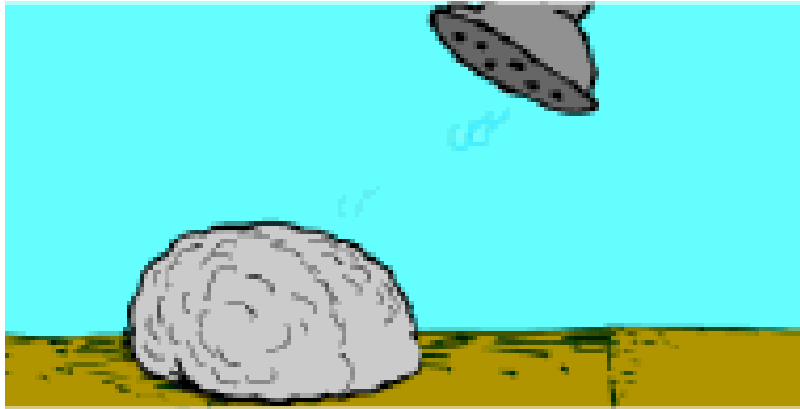
I like hard work because I want to learn more.

I will try harder if I fail at something.

My intelligence can improve through learning.

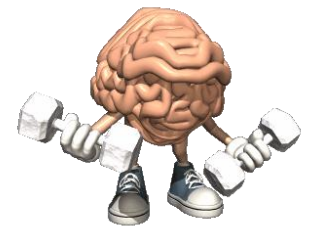


# Growth Mindset for success

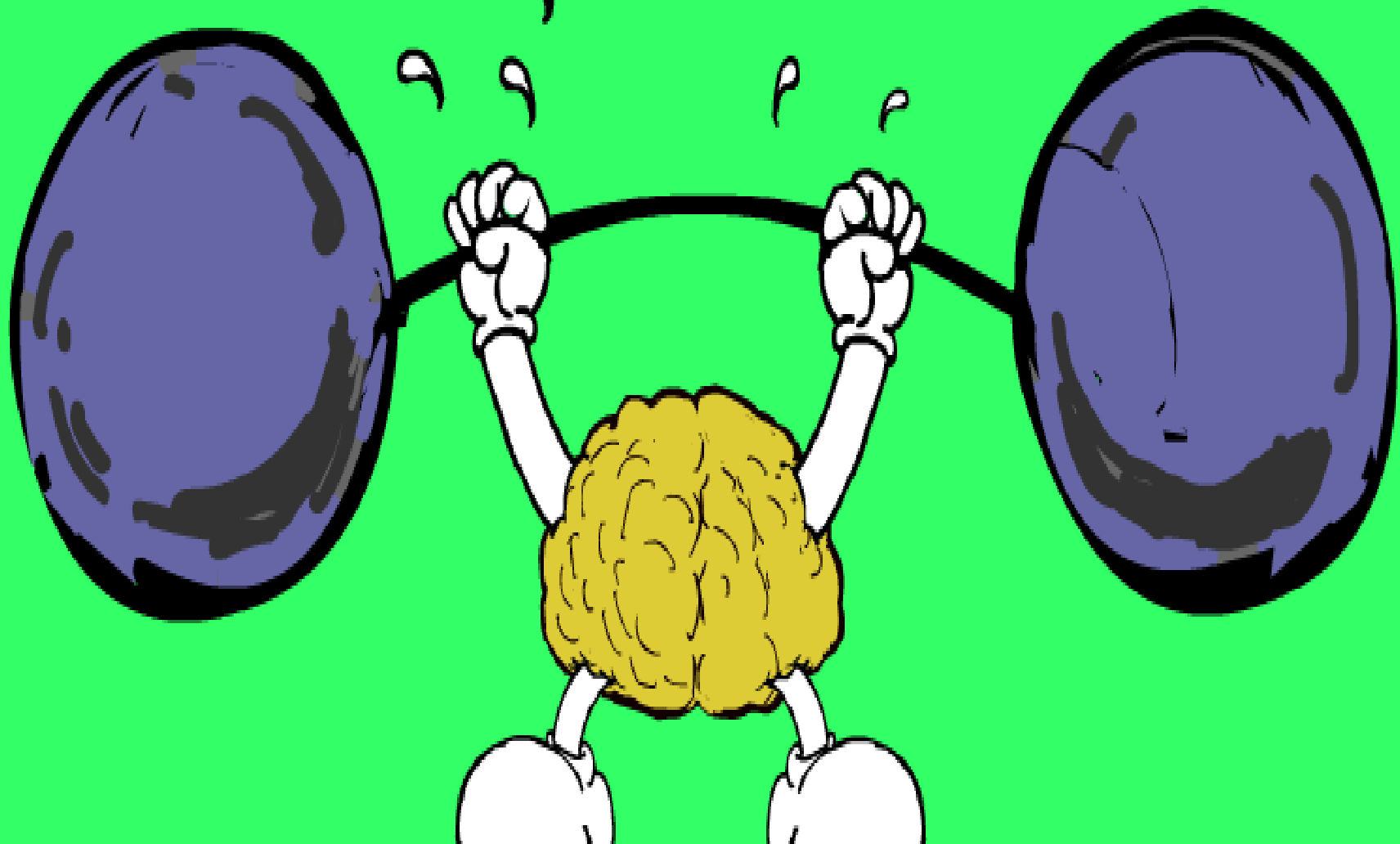


Images from [www.brainology.us](http://www.brainology.us)

- Learning new things is like water and sunshine to the brain.
- Learning makes the brain grow stronger.
- Your brain will become stronger when you exercise it.
- Your brain will become heavier but don't worry, it doesn't grow in size.

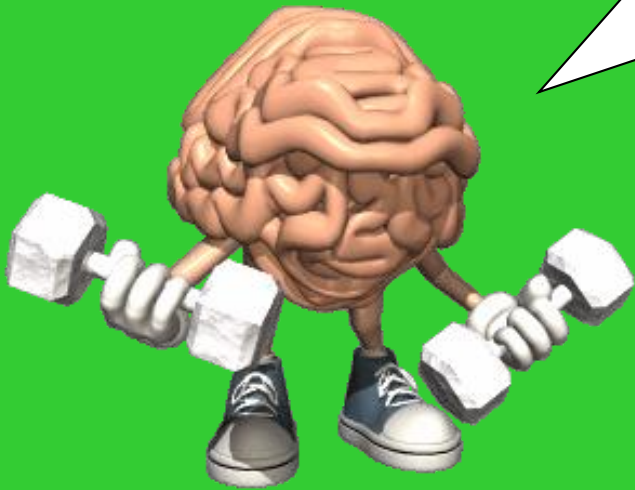


Learning is exercise for your brain.  
It makes it stronger.

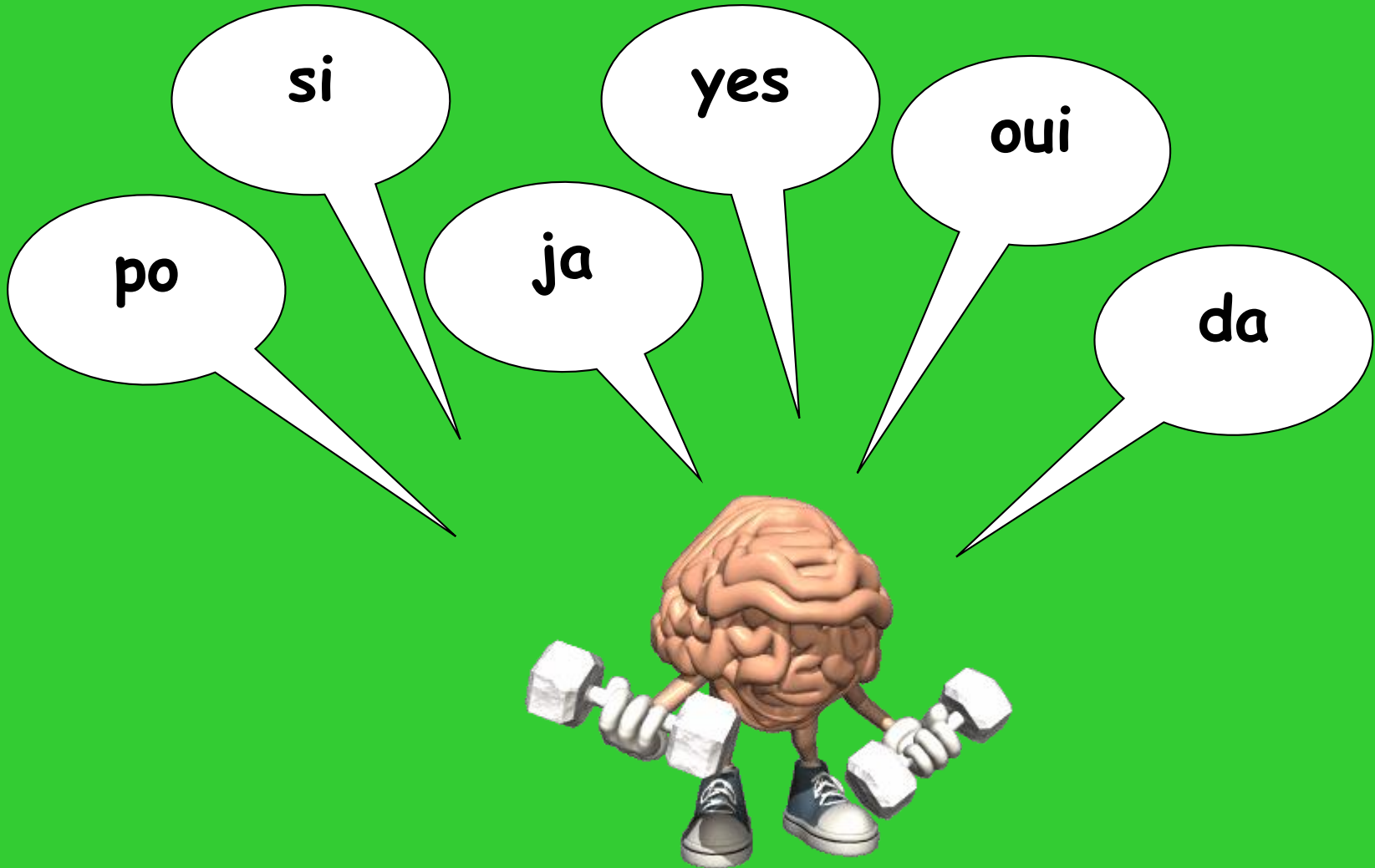




Your brain is very good at finding connections....



Learning one language helps it to learn another language!



Learning to ride a bike helps it when learning to drive a car!

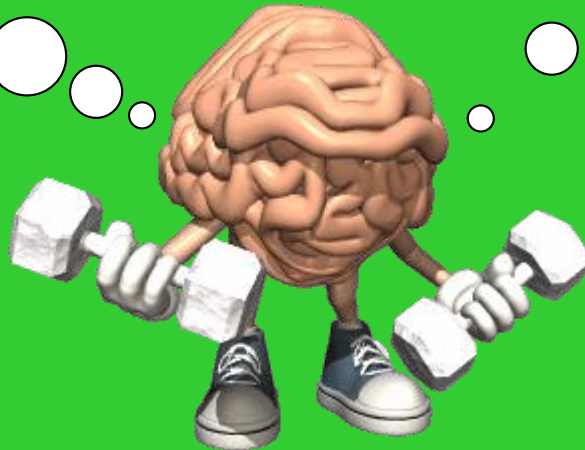


Learning to add helps it with learning to subtract and multiply!

$$20 + 20 = 40$$

$$40 - 20 = 20$$

$$2 \times 20 = 40$$



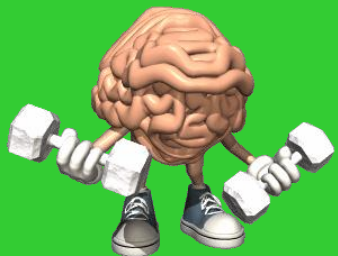
Think about how much time  
you spend doing things you enjoy....



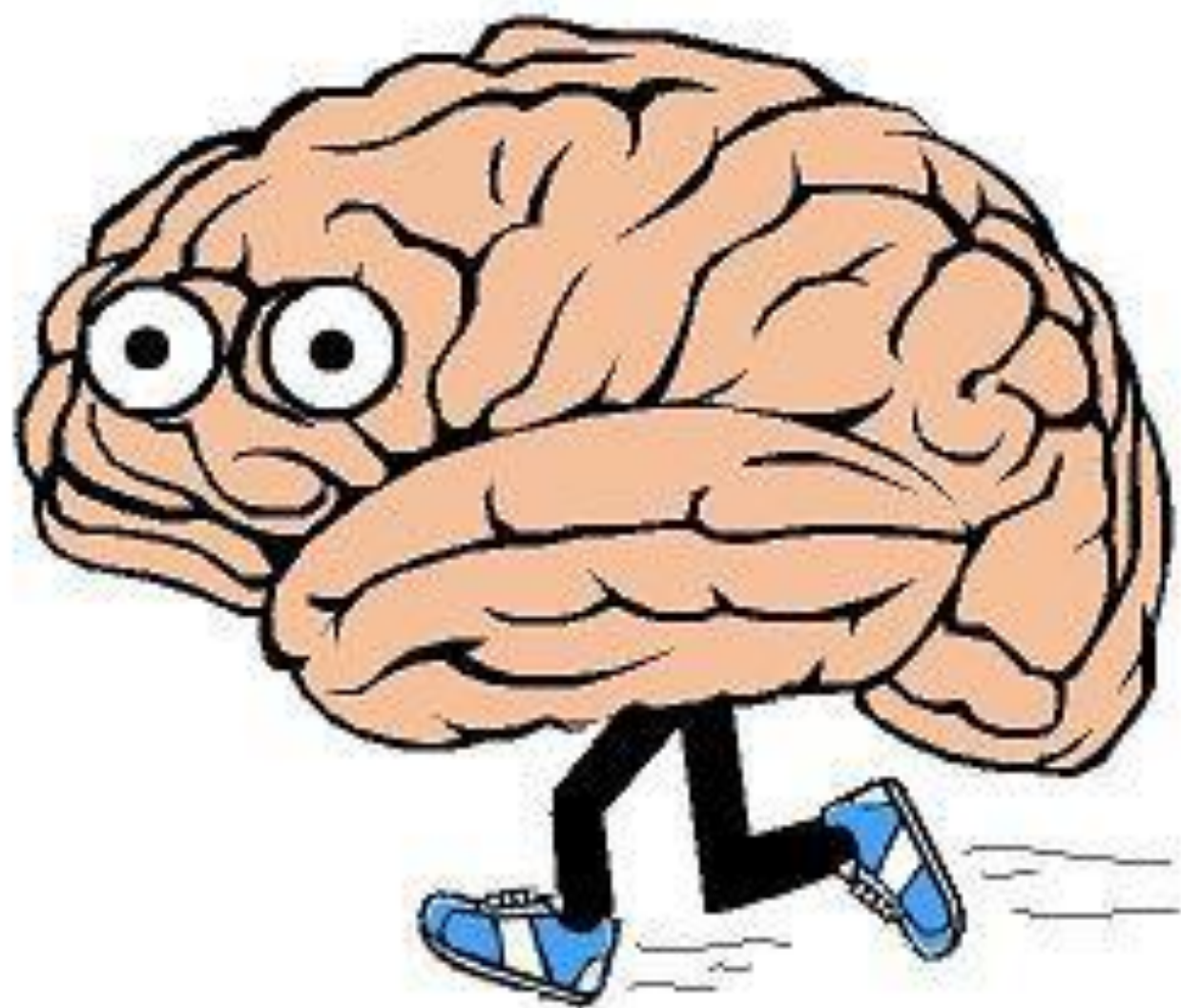


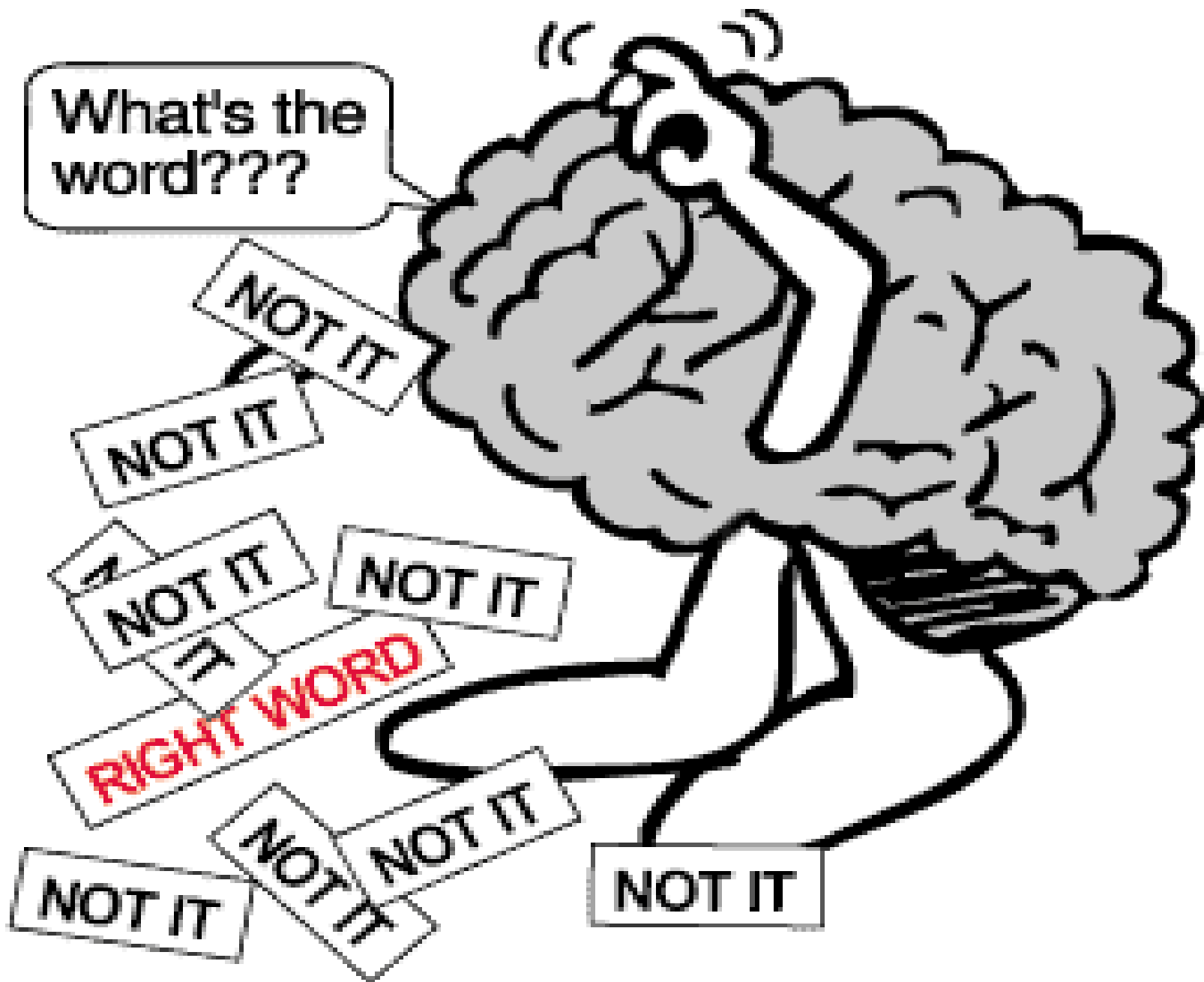


Spending the same time  
doing something you need to improve on  
will help in the same way!









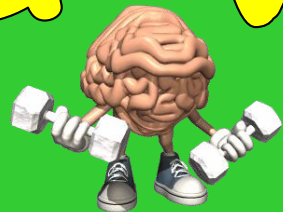


Success comes from

effort

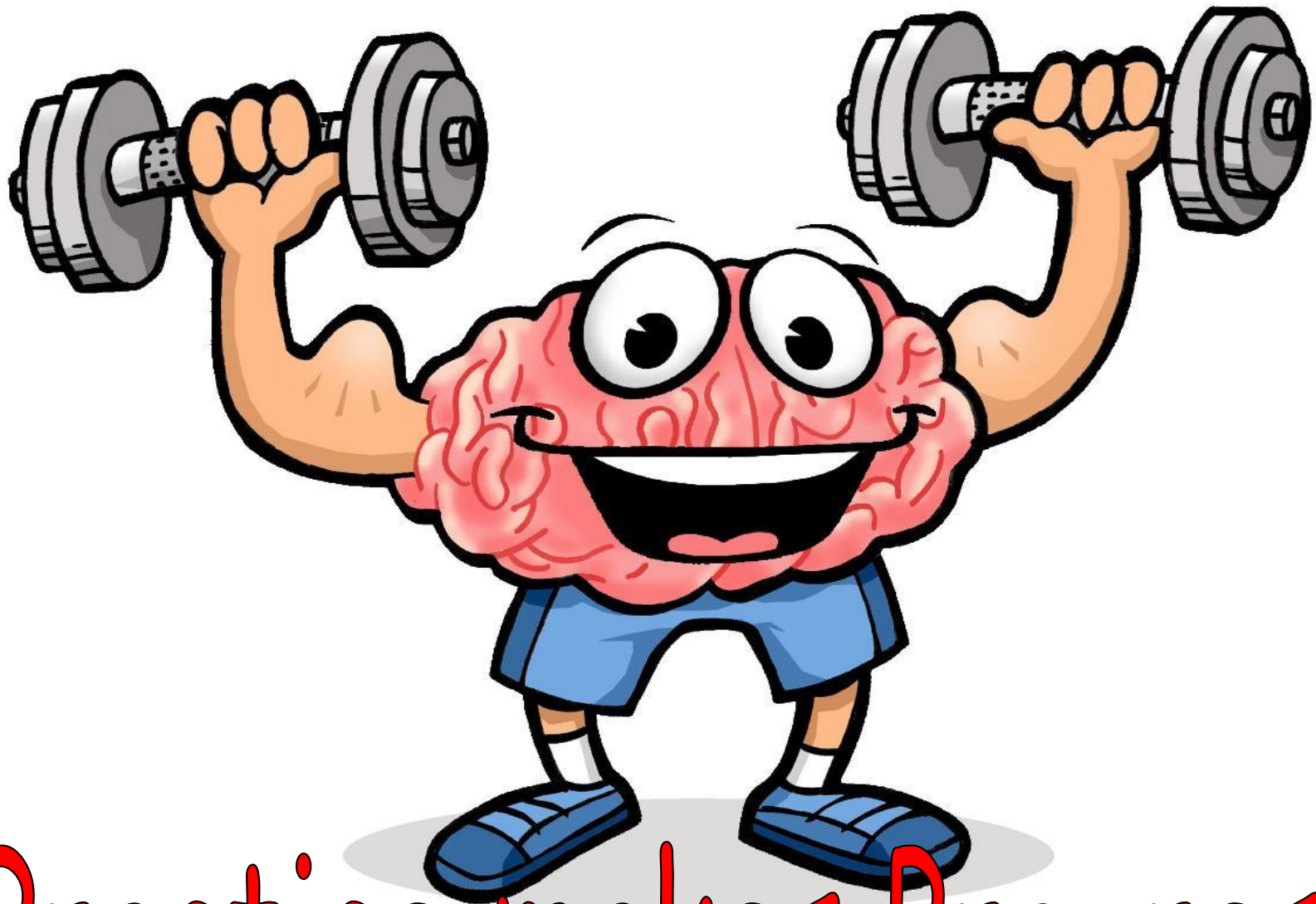
practice

hard work



Practice is the key  
to improving!





Practice makes Progress!