

## EMBRACING THE 'F' WORD

# The fixed vs growth mindset student



## Fixed Mindset

A fixed mindset student doesn't allow the luxury of becoming the best they could be, they already believe they are at their 'achievable self'.

- 'Look smart' at all costs
- Avoids learning challenges where they might make a mistake
- Believes that if they have the ability, they should not have to try hard
- Doesn't deal well with frustration and setbacks, sometimes will give up or cheat
- Cares about marks, but can't understand why they don't get high marks with their natural ability
- Has an emotional response to setbacks
- Tries to hide their mistakes, alienating themselves from getting help



## Growth Mindset

School is there to help you learn how to do things, not there because you already know these things.

- Is able to learn from others
- Strives to be the best they can be
- If the results they get don't match their effort, they try harder and focus on improving their weaknesses
- Understands that they must work hard to achieve their goals + know set backs are about learning
- Confronts their weaknesses and capitalise on their mistakes
- Looks for new learning strategies + is open to challenges
- Shows emotional resilience in the face of obstacles and initial failure

