



# Lesson 5

RESILIENCE AND GROWTH MINDSET



# So, how are things going....?

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Imagine you are about five weeks into Year 12.

Still really excited? Any worries or concerns about your work?

Video call a friend to discuss any potential positives and any possible concerns that you might have. For example, you're really enjoying lessons, but the amount of work you have to do is MASSIVE!



# What could be our concerns?

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There is too much to learn!

I have too much homework!

All the deadlines seem to be the same.

I've started to get my first pieces of work back and the grades are rubbish; I'm never going to achieve my target grade!

I'm not sure that I can cope with all the work.

I don't want to ask questions in class in case I seem stupid.

Everyone else seems to be coping – is it only me?

# Back in your groups for 5 minutes

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**Firstly**, following the previous slide are there any other concerns that you want to add.

**Next**: each of you choose a concern that you have. Your partner(s) offer a solution that they think will help you deal with the issue.

**Make a list of all of the solutions as you go**

# How do you deal with this in September?

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Einstein said:

**‘Insanity is doing the same thing over and over again and expecting different results’**

*Some possible solutions:*

Complete a PiXL Knowledge sheet for the topic that’s causing you problems.

Highlight the areas of the essay / piece of work that are inaccurate or need development. Focus on understanding these points.

Put all of your deadlines on an electronic calendar. Set up alerts for when you should be starting each piece of work so that you meet the deadline.

# What about your MINDSET

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Fixed Mindset



I **CAN'T** do it

Growth Mindset



I **CAN'T** do it **YET**

# What does Matthew Syed say?

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<https://www.youtube.com/watch?v=sTQaehbNmXQ>

As you listen to Matthew Syed write down the positive impacts of having a Growth Mindset.

With your partner(s) decide upon THREE things YOU are going to do to do to improve – this could be your organisation, how you deal with getting a piece of homework back...you choose!