

In a nutshell

This resource can be photocopied and used as a revision tool or a prompt for discussion with your peers.

Growth mindset

Mindset describes individual approaches to achievement and can be a powerful driver of attitude and motivation. Dweck (2008) describes two mindsets which influence our behaviours and approaches to tasks:



My intelligence and abilities are fixed. There is nothing I can do about that. These will influence my chances of success.



I have certain abilities and talents but can apply myself to tasks in ways which will help me to develop and achieve my goals.

Source: Dweck (2008).

Putting it into practice

There is a variety of ways in which you can develop a growth mindset – the following may be helpful.

Create space for new ideas – avoid being 'blocked' by what you have always done.

Make use of formative feedback. Ask for this wherever possible.

Build time for self-reflection. Keep a journal and look out for repeating patterns.

Think about ways in which you can do things differently and try things out.

Recognise that you have choices.