

Statements and Scenarios Worksheet

Read the following scenarios and answer the questions. Be honest when you answer these questions as there are no right or wrong answers.

1. You notice that one of your friends is playing with their phone throughout the whole of your science lesson. The next day you see the same friend in the library looking really upset. You ask them what is wrong and they say that they can't do their science homework because they are just not clever enough.
 - a) Why do you think your friend might not pay attention in science lessons?
 - b) What advice could you give your friend?
2. You get a piece of maths homework back and you got 95%. You're teacher says to you "Well done, you are obviously a natural at maths"
 - a) How do you think this comment make you feel at the time?
 - b) How would this comment make you feel if you had put a lot of effort into that piece of homework?
 - c) How confident would you feel about your ability to do well on the next piece of maths homework?
 - d) You find the next piece of maths homework really difficult. How does this make you feel and what would you do?

3. You find French really hard at school and you are struggling with your French homework. You ask your mum for help but she says that she was rubbish at French when she was at school too, and that you shouldn't worry about not being good at French because no one in the family is good with languages.
 - a) How does this make you feel?
 - b) How does this influence your motivation to do well at French?
 - c) What would someone with a growth mindset say about this?
4. When you were at primary school you were always told that you were such a talented artist. You would always get top marks for your art work, and you won the painting competition every year. You rush your first piece of art homework at secondary school and your teacher marks it as a "C" grade.
 - a) How does this make you feel?
 - b) How do you think you would you react to this?
5. You have just got your mock exam results back and you are disappointed because you didn't do as well as you thought you would. Your teacher says that you should treat this as an opportunity to learn.
 - a) What do you think your teacher means?

- b) How do you think someone with a fixed mindset might feel about sitting their real exams, and what do you think they would do?

- c) How do you think someone with a growth mindset might feel about sitting their real exams, and what do you think they would do?