

Mindsets and the Learning Pit!

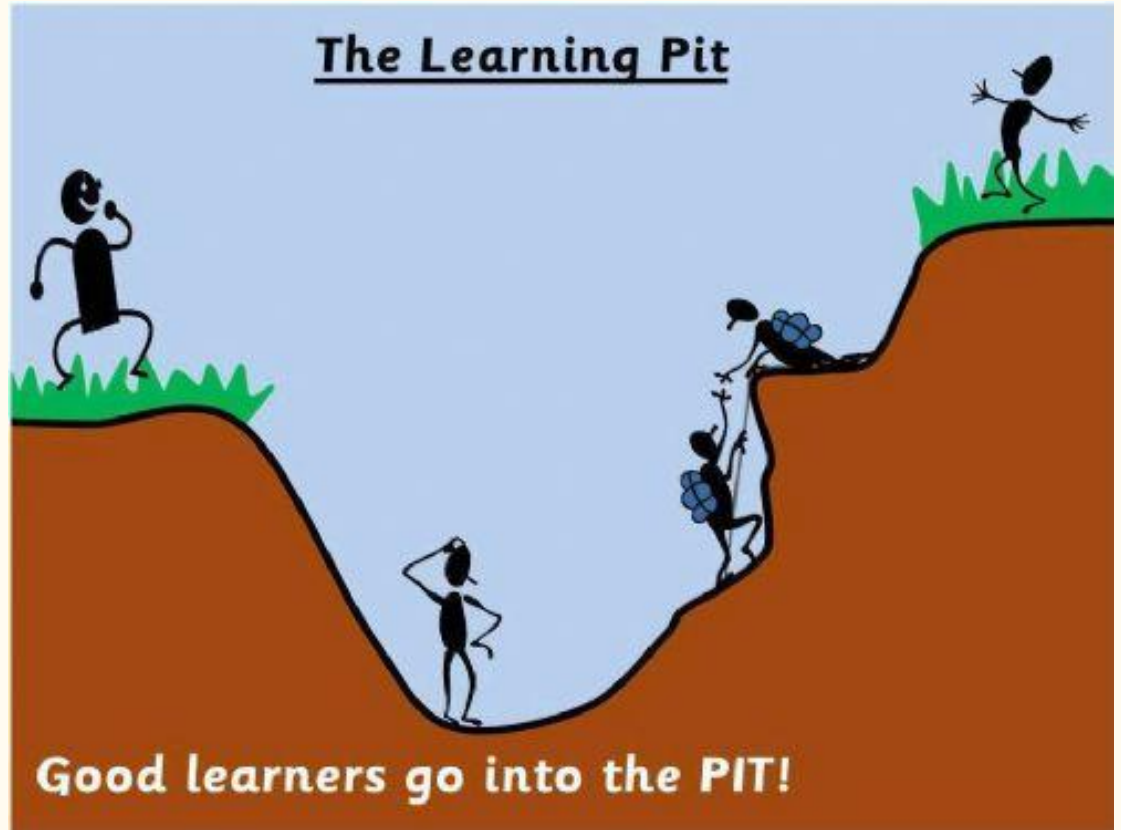
Room 20 2016

The Learning Pit



Image: <http://www.malit.org.uk/wp-content/uploads/The-learning-pit-366x274.png>

The Learning Pit



THE LANGUAGE WE TELL OURSELVES
QUICKLY BECOMES OUR OWN
BEST FRIEND
OR
WORST ENEMY.

“I CAN’T DO THIS”

VS

“I CAN DO THIS, I JUST HAVEN’T FIGURED IT OUT
YET”

“HE IS SMARTER THAN ME BECAUSE HE ALREADY
HAS FINISHED”

VS

“I WONDER IF THERE IS ANYTHING I CAN LEARN
FROM HIS APPROACH”

“I GIVE UP”

VS

“HOW CAN I APPROACH THIS DIFFERENTLY?”

OR “IT’S OK THAT I CAN’T GET IT RIGHT NOW, BUT
I CAN KEEP TRYING”

Is this more positive or
not?

“IF I GO TO THE TEACHER SHE WILL TELL ME HOW TO DO IT”

“I KNOW I AM NOT RIGHT YET BUT SHE WILL TELL ME WHAT ELSE I NEED TO DO”

“THE TEACHER KNOWS ALL THAT I NEED TO DO I WILL JUST ASK HER”

“I DON’T UNDERSTAND THE TASK BUT I DON’T WANT TO ASK QUESTIONS BECAUSE SHE MIGHT GROWL”

WHAT DO YOU SAY TO YOURSELF
SOMETIMES?

—

Questions...

- Did anyone make it? How long did it take? How many tries?
- Was the first ten seconds of trying much different from the last ten seconds?
How? Why?
- What was it like when someone else got it?
- How many attempts did you make?
- How long did you look at the structure before you first started?
- How many breaks did you take?
- Did you look at what other people were doing? Why?
How did it make you feel? Did you learn anything from what they were doing?

The language we used...

—

“I thought this
was so easy”

FIXED MINDSET

It's not that hard if
I put my mind to it

GROWTH MINDSET

“This is soo hard”

FIXED MINDSET

I can do this

GROWTH MINDSET

“At least you’re
doing that much”

FIXED MINDSET

I know I am going
to make it

GROWTH MINDSET

“I don’t get it”

FIXED MINDSET

This is a challenge
so I am going to
keep trying

GROWTH MINDSET

“I can’t do this”

FIXED MINDSET

I can do this

GROWTH MINDSET

“How does THAT
work?”

FIXED MINDSET

I need to keep
trying

GROWTH MINDSET

“Oh my gosh”

FIXED MINDSET

I will keep trying

GROWTH MINDSET

“Ok. This does
NOT look right”

FIXED MINDSET

I can change this to
look right

GROWTH MINDSET

“No! ARRRGH”

FIXED MINDSET

Mmm this is hard
but I can do it

GROWTH MINDSET

“How can we do
this? It’s way too
hard”

FIXED MINDSET

Let’s think of ideas

GROWTH MINDSET

“Da?* it”

FIXED MINDSET

This is achievable

GROWTH MINDSET

*thumping the
table*

FIXED MINDSET

*keep calm

GROWTH MINDSET

hitting the head

FIXED MINDSET

stop and think

GROWTH MINDSET

“It’s impossible”

FIXED MINDSET

I can do it if I try

GROWTH MINDSET

*daydreaming out
the window*

FIXED MINDSET

stay focussed

GROWTH MINDSET

“That was the fifth
time I went up to
her”

FIXED MINDSET

I have been up a lot
of times and I am
sure I will get it
next time

GROWTH MINDSET

Now imagine...

That person...

- football match
- job interview
- audition for dance company
- on MasterChef/X-Factor

WHAT HAVE WE LEARNED TODAY?

TO TURN A FIXED MINDSET INTO A GROWTH MINDSET; TURN NEGATIVE WORD INTO A POSITIVE; NEVER DOUBT YOURSELF; KEEP CALM AND CARRY ON; YOU CAN CHANGE YOUR NEGATIVE INTO A POSITIVE; ALWAYS STAY POSITIVE; KEEP TRYING; NEVER THROW TANTRUMS; KEEP TELLING YOURSELF POSITIVE THINGS; BELIEVE IN YOURSELF; IF YOU GET SOMETHING WRONG TRY AGAIN; NEVER GIVE UP; LIFE IS NOT EASY AND IT MAY NOT GO THE WAY YOU WANT IT TO SO STAY POSITIVE; FOCUS ON YOUR GOALS; IF YOU HAVE A CHANCE JUMP INTO THE LEARNING PIT; NEVER QUIT; THE LEARNING PIT HELPS YOU WHEN YOU GET STUCK; YOUR LIFE ISN'T ALWAYS IN A FIXED MINDSET; WHEN YOU ARE STUCK ON SOMETHING REALLY HARD YOU ARE IN THE LEARNING PIT; THE WORLD DOESN'T REVOLVE AROUND YOU; NOT EVERYTHING IS FAIR; LIFE MAY NOT BE EASY.