# ‘A LEVEL MINDSET’




1 WATCH the video on the web site using your access code and decide whether you demonstrate the successful, hard-working mindset the students outline.

2 COMPLETE the growth mindset questionnare. READ the following statements and **TICK** one statement in each section that best reflects your view about ability

**Section A - Intelligence**

1 Intelligence is something you are born with – you either have as lot of it or you don’t
2 You can learn new things, but you can’t change your intelligence
3 Intelligence is something you can largely change with effort
4 Intelligence is totally shaped by effort and learning

**Section B - Personality**

1 Some people have sociable personalities and others are shy – you either have these qualities or you don’t
2 Everyone is born with a personality e.g. being sociable or shy: life experience can change your personality a little
3 Personality can be shaped a lot by experience – if you want to be more sociable you need to work at it
4 Personality is shaped by people themselves: you can change your personality to be sociable or shy

**Section C - Organisation**

1 People are either highly organised or not – there is not a lot you can do about it
2 People tend to be naturally highly organised – but people can learn to be a little more organised
3 Organisational can be developed through sustained effort – however some people are better at it than others
4 Organisational ability is something that is completely within someone’s control and is an ability that can be developed through effort

**Section D - Examination results**

1 Some people seem to be naturally good at taking examinations – they have always been good taking tests
2 Some people seem naturally good exam-takers but it is possible to slightly improve exam performance with effort – but within a limit
3 Performing well on tests and exams is technique that can be improved significantly with effort but there is a limit to what can be achieved
4 Examination performance is a skill that can be developed entirely through a lot of effort – there is no ceiling to what it possible

**Section E - Sporting ability**

1 Sports stars need a natural talent to be successful in their chosen area.
2 Sports stars have natural talent for their chosen sport but it also takes hard work.
3 Sports stars are people that were not always the best, but they were relatively good, but they persevered at the sport to become successful.
4 Hard work, drive, and determination are the key ingredients to sporting success, not natural talent.

**Section F -Leadership**

1 Leaders are charismatic – an aptitude that is part of your personality that you either have or you haven’t.
2 Leadership is a skill that, in the main, people have but aspects of good leadership can be learned.
3 People develop leadership skills through experience, but some people have a basic aptitude to be leaders.
4 People develop into good leaders through experience – failing, failing again and eventually, through perseverance, succeeding.

# YOUR MINDSET – 'FIXED' OR 'GROWTH'?

## WHAT YOU NEED TO DO

Add up your score from the statements you ticked. The number of the statement you ticked is your score for each section. Add up your answers/scores for all five sections.

**Total Score = _____**

Look at the table below and, using your total score, tick the type of mindset indicated.

| POINTS | TYPE OF MINDSET | WHAT DOES THIS MEAN? |
|---|---|---|
| 6 | **VERY STRONG** 'FIXED MINDSET' | Your score means that you are strong in the view that ability is natural – there is little that experience and hard work can do to develop talent and skill |
| 7-12 | **WEAK** 'FIXED MINDSET' | Your score means that in many areas you believe ability is natural – there is little that experience and hard work can do to develop talent and skill. However, there are some areas where you feel talent is natural and others where you think hard work can develop talent. The closer the score to 7, the stronger your view that talent is natural and experience has little effect. The closer the score to 12, the more you believe that in some areas, hard work can affect talent. |
| 13-18 | **WEAK** 'GROWTH MINDSET' | You believe, the closer your score is to 18 than 12, that talent can be developed through hard work. However, you also think natural talent plays a key role in some areas. |
| 19-24 | **VERY STRONG** 'GROWTH MINDSET' | You believe that talent can be developed through hard work in nearly all areas of life. You might also think natural talent also plays a key role in some areas – but the closer your score to 24, the more you believe all talent can be developed through hard work. |

3 IN PAIRS/SMALL GROUP, discuss the two video summary slides below and select FIVE statements you agree with and reject five which you find less helpful. Discuss whether you think hard work pays off in the sixth form?




