

A young woman with long brown hair wearing a white t-shirt with a floral pattern, a young man with short dark hair wearing a maroon t-shirt with a logo, and a young woman with dark hair wearing a black t-shirt with a red and white V-neck collar. They are sitting in front of a purple background with repeating logos of 'netsixthform.co.uk' and a stylized figure of three people. A large blue circle is overlaid on the image.

WEEK
9

A Level Mindset

WEEK
9



PASSPORT TO
SIXTH FORM





WATCH THE VIDEO ON A LEVEL MINDSET

VIMEO CHANNEL CAN ALSO BE FOUND HERE

<https://vimeo.com/showcase/7013773>

Enter your **PASSWORD** provided by your school/college

A LEVEL MINDSET KEY POINTS:

You can't rely on natural ability

How well you know the content comes with hours spent learning it

How well you answer questions comes with time spent practising them

You have to work hard to reach your potential

Know that plenty of others around the country are putting in the hours



A LEVEL MINDSET KEY POINTS:

Confidence will come with time spent learning the material

You will have to develop resilience and perseverance

Find ways to respond positively to knock backs

Don't compare yourself to other students: just listen and learn from them

All you can do is be the best that you can: hard work will move you forward



Your Mindset

What you need to do

Read the following statements and pick one statement in each section that best reflects your view about ability.

Remember the score associated with the statement and add them up as you go.

You need a total score at the end.

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 personalities that are sociable and others are shy – these are qualities that you either have or you don't
- 2 Everyone is born with a personality such as being sociable or shy and 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 something someone shapes for 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 spot 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 effective leaders.
- 4 People develop into good leaders through experience – failing, failing again and eventually, through perseverance, succeeding.

YOUR MINDSET – ‘FIXED’ OR ‘GROWTH’?

If you scored 6...

Very strong - ‘Fixed Mindset’

Your score means that you are strong in this view that ability is natural – there is little that experience and hard work can do to develop talent and skill

YOUR MINDSET – ‘FIXED’ OR ‘GROWTH’?

If you scored 7-12

Weak ‘Fixed Mindset’

Your score means that in many areas 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 in others you think hard work can develop talent. The closer the score to 7, the stronger the view that you think talent is natural and experience has effect.

The closer the score to 12, the more you believe that in some areas, hard work can affect talent.

YOUR MINDSET – ‘FIXED’ OR ‘GROWTH’?

If you scored 13-18

Weak ‘Growth Mindset’

You believe, the closer you score 18 than 12, that talent can be developed through hard work.

However, you also think natural talent also plays a key role in some areas – maybe it does.

YOUR MINDSET – ‘FIXED’ OR ‘GROWTH’?

If you scored 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.

REFLECTION

- Did you answer the questions *honestly*?
- What do you *genuinely* believe about ability – how much is fixed and growth?
- Which mindset do you think you *tend* to adopt most?
- Which mindset do you *wish* to be more like?