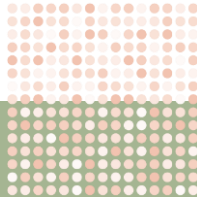




GLION SELF-HELP SERIES

# Learning Support



## Growth mindset



A growth mindset is the belief that your abilities, intelligence, and skills can develop with effort, good strategies, and support. It helps you approach challenges with confidence, learn from mistakes, and stay motivated — especially during demanding academic periods.



## What is a growth mindset?

### [Growth Mindset](#)

*"I can improve through practice, learning, and perseverance."*

You believe:

- Skills can be developed
- Mistakes are opportunities
- Effort leads to progress
- Challenges help you grow

### [Fixed Mindset](#)

*"I'm either good at this or I'm not."*

You believe:

- Intelligence is static
- Mistakes show weakness
- Feedback is criticism
- Challenges should be avoided

Mindsets are not permanent — you can cultivate a growth mindset over time.



## Why a growth mindset matters?

- Increases academic resilience
- Helps you stay motivated during setbacks
- Improves performance in complex subjects
- Encourages curiosity and lifelong learning
- Builds confidence, perseverance, and creativity
- A growth mindset is linked to higher achievement and better wellbeing.





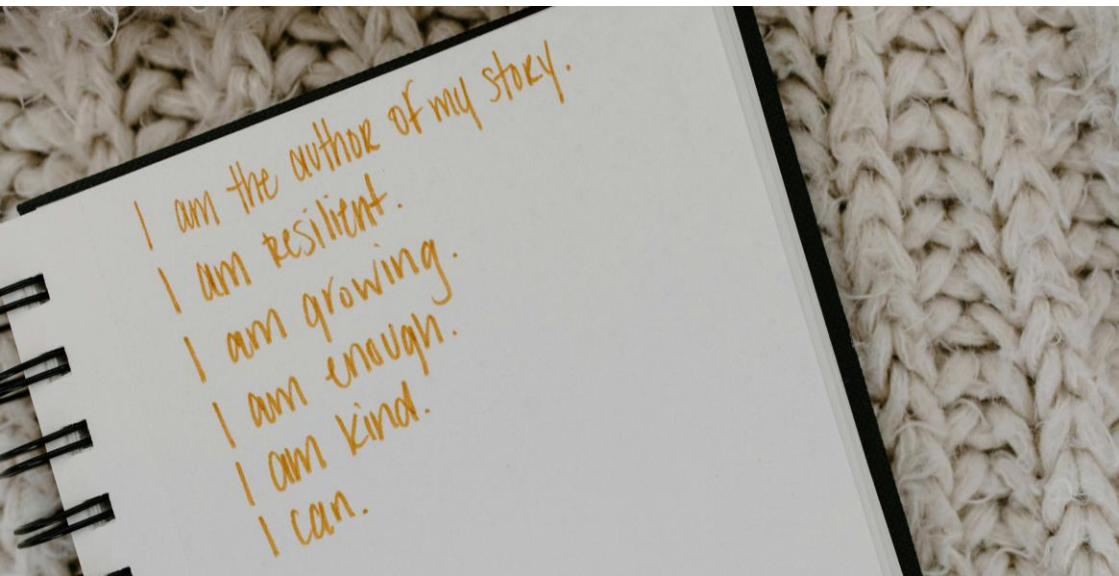
## Step-by-step: how to develop a growth mindset

### 1 Notice your self-talk

Pay attention to your inner dialogue — it shapes your behaviour.

Replace fixed-mindset thoughts with growth-oriented ones:

Fixed mindset	Growth mindset alternative
"I can't do this."	"I can learn this with time and support."
"I'm bad at research."	"I'm improving each time I practice."
"This is too hard."	"This is challenging, but I can figure it out."





## 2 Embrace challenge

Challenges help your brain grow new connections.

Try approaching them with curiosity:

- “What can I learn from this?”
- “What strategy can I try next?”
- “Who can support me?”

The key is not being perfect — it's being willing to try.

## 3 View mistakes as learning opportunities

Everyone makes mistakes.

Reflect on them:

- What went wrong?
- What can I change next time?
- What did I learn about myself or the task?

Mistakes are information, not failures.

## 4 Focus on the process, not just the outcome

Celebrate:

- Consistent effort
- Improvement
- New strategies
- Persistence
- Asking for help

Growth happens through the process, not the grade.



## 5 Use feedback constructively

Feedback is not criticism — it's guidance.

Ask yourself:

- What is useful here?
- How can I apply this next time?
- What patterns do I notice in my feedback?

Feedback shows you the next step in your learning journey.

## 6 Develop effective learning strategies

A growth mindset is more powerful when paired with good study habits:

- Use spaced repetition  
Practice active recall
- Take organized notes
- Set realistic goals
- Ask questions in class
- Attend workshops or study groups

Model	Key questions	Best for
Gibb's cycle	What? Feelings? Evaluation? Analysis? Conclusion? Action Plan?	Assignments & Reports
Driscoll's "What?" model	What? → So what? → Now what?	Short reflections & quick check-ins
Kolb's learning cycle	Experience → Reflection → Concept → Experimentation	Connecting theory and practice



## Example: Growth Mindset in Action

### Situation:

You receive a lower-than-expected grade on a research assignment.

### Fixed mindset response:

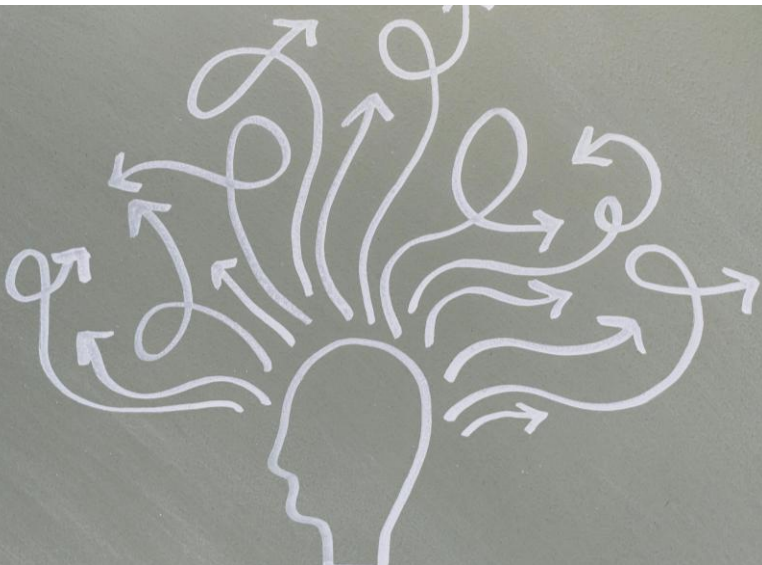
*"I'm terrible at academic writing. I'll never get this."*

### Growth mindset response:

*"I need to work on structure and referencing. I'll use the feedback to plan my next draft and book a study skills session."*

### Outcome:

Your performance improves next time because you learned, adapted, and tried again.





## Tips & Tricks


Surround yourself with growth-minded people: Join study groups or supportive classmates

Use the word “yet”: “I don’t understand this... yet.”

Set learning goals, not just performance goals (e.g., “understand the theory,” not “get 8/10”)

Visualise progress: Track improvement weekly

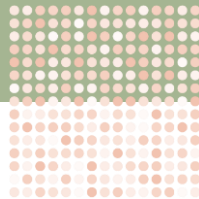
Be patient: Growth takes time — just like training a muscle



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