**Learning to ‘fail’: changing student mindset to develop the learning resilience required for research and enquiry in HE**

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**Activity 1**

Complete each statement below by circling the response you most agree with:

1. Your intelligence ...

|  |  |  |
| --- | --- | --- |
| is fixed, you can’t change it | can be improved within a certain range of what you were born with | can be completely changed |

1. Talent is something…

|  |  |  |
| --- | --- | --- |
| you are born with | that you can develop with practice, but if you’re not born talented then you’ll never be brilliant | that is dependent on one thing – how much you practice |

1. Doing the things I excel at should….

|  |  |  |
| --- | --- | --- |
| be easy and take/little or no effort | be fairly easy but require some work | take a lot of hard work and effort |

**Activity 2: Dweck’s Growth- and Fixed-Mindset characteristics**

|  |  |
| --- | --- |
| **Characteristics of a Fixed mindset** | **Characteristics of a Growth mindset** |
|  |  |

|  |
| --- |
| **Self-evaluation:**  Which mindset do my own attitudes to learning tend towards?  Where I can support learners by creating opportunities for them to ‘fail’ in the modules I teach? |