



# How do we get better at things?

Year 7 PSHCE (September 2020)



1. Find 3 prime numbers that add to 100
  
2. Find 2 prime numbers that add to 100



# Reflection

Think of a lesson or situation that you find challenging.  
What do you do to overcome any difficulties?



## Achievements in our past

When you were younger, doing things like learning to ride a bike or even learning to walk were huge moments in your learning and development.

How did you achieve these things?





## Being challenged – by others and by yourself

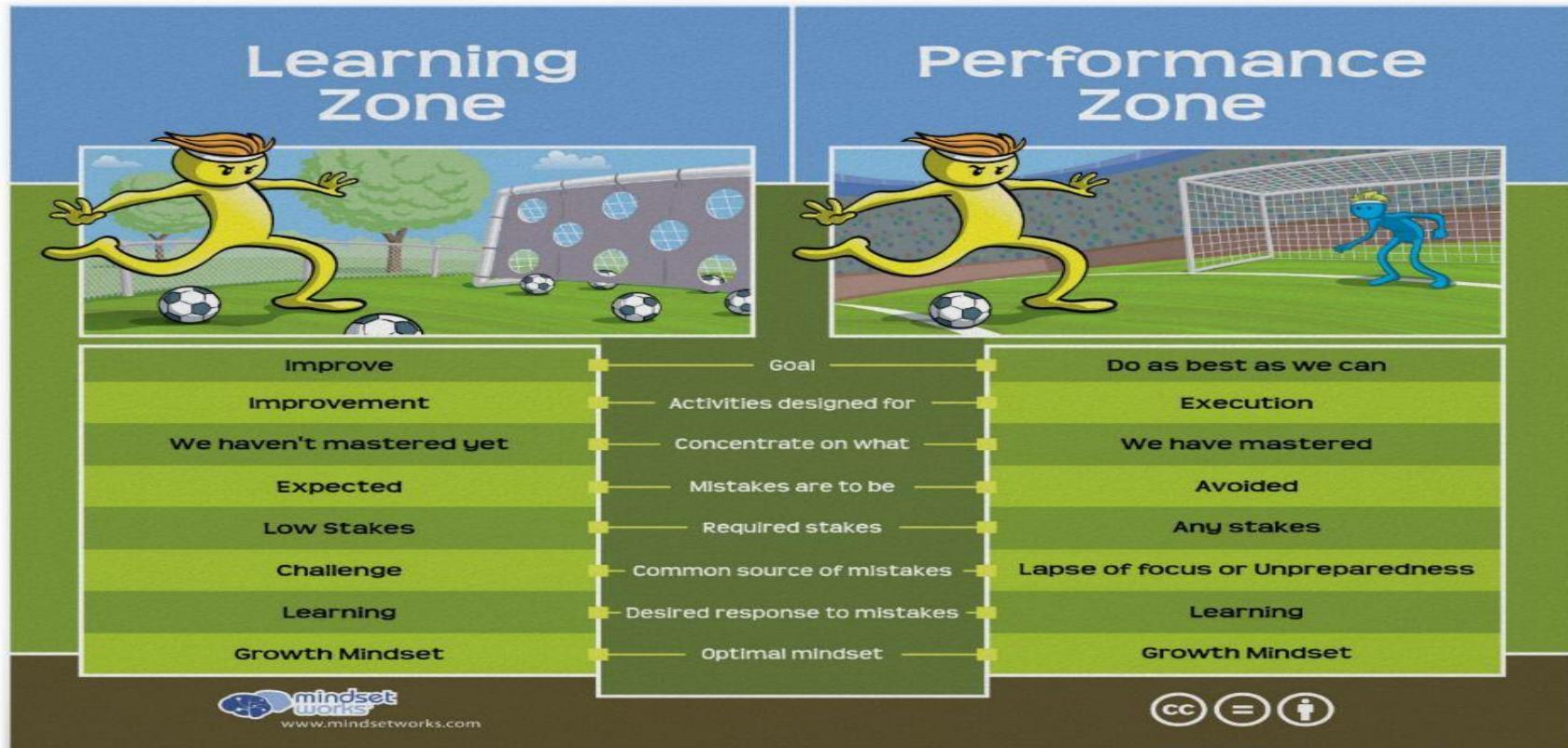
We learn and develop more when we are challenged outside our comfort zones

- Maths question
- How can you challenge yourself?



## Dealing with failure

‘Failure is not the opposite of success, it is part of success’



Learning Zone vs Performance Zo... by MindsetWorks

Zazzle



## Building positive habits

- What are habits?
- Habits can be helpful (or very unhelpful) to doing well
- How long does it take for something to become a habit?



# Traits of successful people

- Lots of research has been done looking at why some do better than others
- EFFORT always come up as the top factor in schools



# Hard work beats talent

- <https://www.youtube.com/watch?v=OTyN0upf8Ws>



# Successful people – Intrapersonal skills

- Reflection
- Honesty
- Emotional intelligence



# Successful people – Interpersonal skills

- Working effectively with others (Teamwork)
- Understanding others (Empathy)
- Social and emotional intelligence



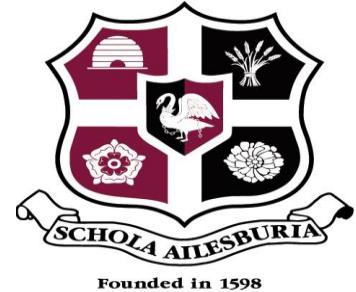
# Successful people

They...

# READ

# AYLESBURY GRAMMAR SCHOOL





## Ownership

Ownership is having the ability to manage your own learning, prioritise and set targets. It includes being a supportive and active member of the school community and having self-respect and respect for others who support the learning process.



## Motivation



**AGS**  
LEARNER

Motivated students aspire to be - and understand how to be - successful through learning. They demonstrate a hunger to learn and to be inspired.



## Resilience



Resilience is the strength not to give up in the face of challenge. Resilient learners have the resourcefulness to take learning forwards and carry it through to the end.



# Courage



Brave students try new approaches to their learning. They learn from their mistakes and make greater progress because of this.



## Innovation



**AGS**  
LEARNER

Innovators are creative and adaptable and appreciate the need to assess, review and develop their ideas. They enjoy the freedom to imagine what is possible.



You can develop all these skills through:

- In class learning
- Home learning
- Clubs and other activities
- Being a good friend, classmate, student, son ...

