



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

- Improve
- Improvement
- We haven't mastered yet
- Expected
- Low Stakes
- Challenge
- Learning
- Growth Mindset

Goal

Activities designed for

Concentrate on what

Mistakes are to be

Required stakes

Common source of mistakes

Desired response to mistakes

Optimal mindset

Performance Zone

- Do as best as we can
- Execution
- We have mastered
- Avoided
- Any stakes
- Lapse of focus or Unpreparedness
- Learning
- Growth Mindset

www.mindsetworks.com



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





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



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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.



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Innovation

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 ...

