

Flexibility and Growth Mindset

Learning Objectives



Examine the concepts of a fixed
versus a growth mindset



Develop a basic growth
mindset



Commitment to grow



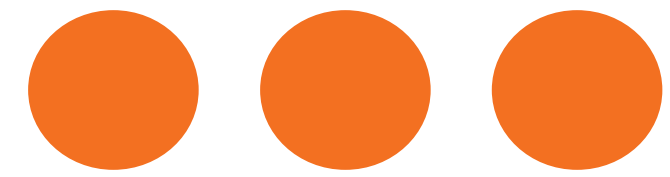
Build a growth mindset
attitude

How to Be Flexible

By changing mindset

Flexible individuals tend to have a growth mindset.



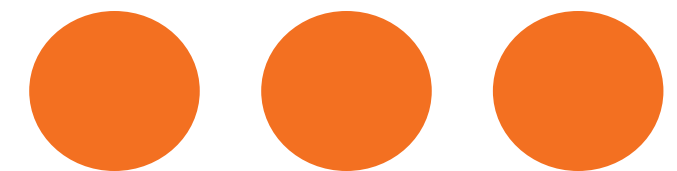


Theory of Mindset

Mindsets are the beliefs we have about the nature of human characteristics.

Our views on intelligence, ability and talent influence our lives and success. There is a fixed mindset and a growth mindset.

~Carol Dweck



Fixed Mindset Vs Growth Mindset



People with a **fixed mindset** believe that intelligence, talent and ability are innate traits that cannot be changed.

VS

People with a **growth mindset** believe that quality can develop through effort, experience, and guidance.

Failure according to

Fixed Mindset Vs Growth Mindset

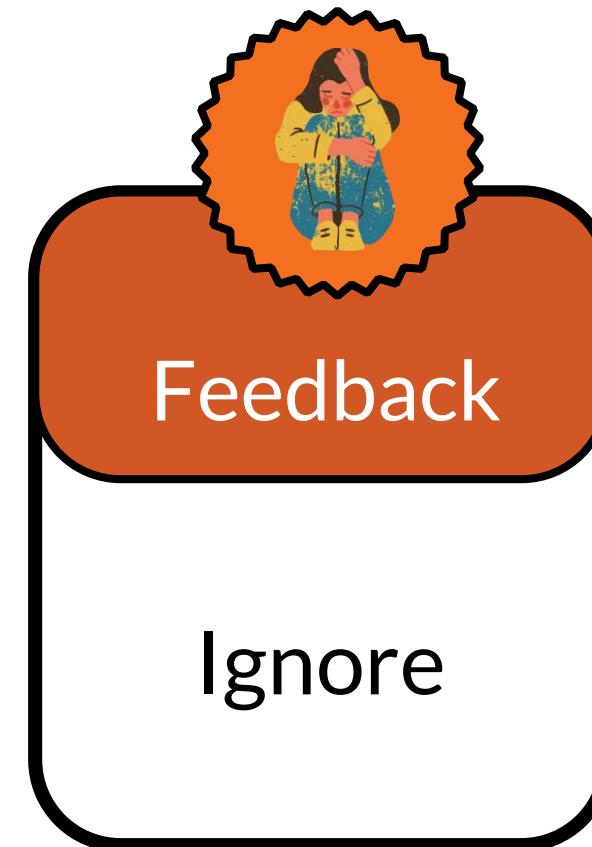
People with a **fixed mindset** see failure as evidence of their limited abilities that cannot be changed.

VS

People with a **growth mindset** view failure as an opportunity to learn and grow, seeing it as part of the process towards success.

Other differences of view

FIXED Mindset Viewpoint



Other differences of view

GROWTH Mindset Viewpoint



Effort

The road to
mastery



Challenge

Embrace



Obstacle

Survive



Failure

Try harder



Feedback

Learn from
it



Success of
others

Inspired



Growth Mindset Behavior



Ask the teacher/mentor to show a new way of solving the problem.



Dare to answer questions even if you are not sure.



Do not hesitate to ask questions, even if they are simple.



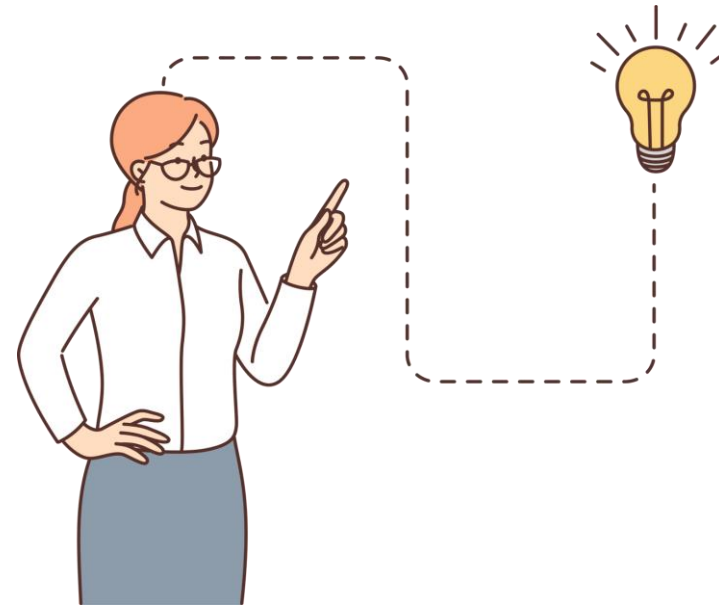
Choose challenges that encourage growth rather than staying in comfort zone.

Approaches to Develop a Growth Mindset



Developing Self-Confidence

- Believing in your ability and capacity to grow.



Perceiving Failure as an Opportunity

- Treating failure as a chance to grow and learn



Increase Self-Awareness

- Recognize talents, strengths and weaknesses through reflection and feedback.



Flourish Curiosity

- Committed to lifelong learning with an exploratory attitude.



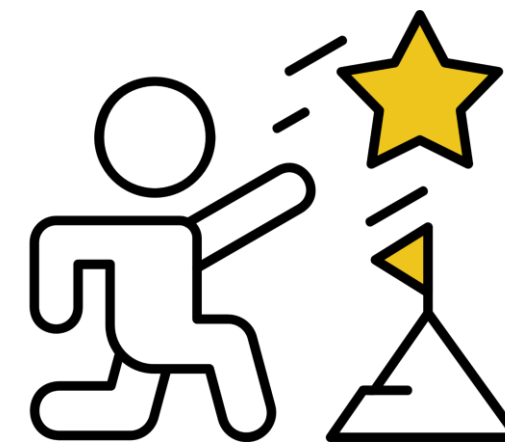
Facing Challenges Positively

- Accept challenges as part of the growing process.



Enjoying the Process

- Engaging in activities with passion and interest.



Demonstrate Persistence

- Keep trying and bounce back from failure.



Seeing Other People's Success as Inspiration

- Seeing other people's success as motivation and inspiration for others.

Changing Our Mindset, Beliefs, and Brain

By recognizing the words we say to ourselves, questioning them, and changing them. Here are some examples of thoughts and questions we can ask.

Thoughts:

"I tried and failed. It seems like this is beyond me."

Question:

Can I try a different strategy or approach?

Thoughts:

"I failed because I didn't achieve what I planned."

Question:

Isn't learning a process, and isn't failure part of that process?

Thoughts:

"I was not born smart."

Question:

Aren't there people who try and succeed with great effort?

Changing Our Mindset, Beliefs, and Brain

Thoughts:

"I can't do it. I will never be able to do it."

Question:

Did I give up too soon? Do I need more time?

Thoughts:

"Do you think you can do it?"

Question:

Can't I do it with repeated efforts?

Thoughts:

"I don't know how I'll ever achieve it."

Question:

What plans can I make to achieve this? How can I motivate myself to follow the plan? What is the first step I will take?

World Vision

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy, ReBach Internasional dan World Vision Korea dan didanai oleh Cooperation Agency (KOICA)



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