

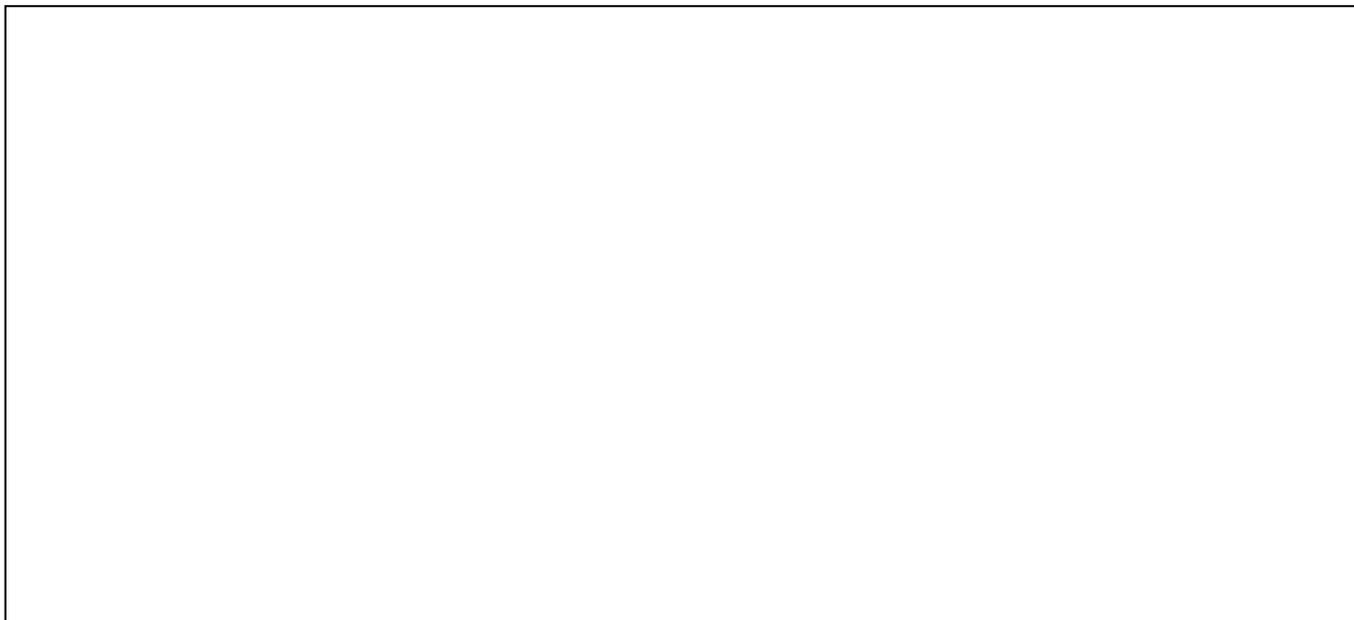
What do you think is meant by the caption below?



ENDELMAN

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What do you think is meant by the caption below?



Self-Reflection – last year as a learner:

What did I learn about myself last year?

List 3 things that you did well last year?

Why do you think you did each of these well?

List 3 things that you didn't do well?

Why did you not do each of these well?

How will you overcome these 3 things?

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



I can learn anything I want to.
 When I'm frustrated, I persevere.
 I want to challenge myself.
 When I fail, I learn.
 Tell me I try hard.
 If you succeed, I'm inspired.
 My effort and attitude determine everything.



I'm either good at it, or I'm not.
 When I'm frustrated, I give up.
 I don't like to be challenged.
 When I fail, I'm no good.
 Tell me I'm smart.
 If you succeed, I feel threatened.
 My abilities determine everything.

Mindset re-cap?

Explain what you think a 'growth' and 'fixed' mindset is? For this, try not to use the diagrams above. Also, attempt to explain both of the key terms by giving an example.

A growth mindset is _____

An example of someone demonstrating a growth mindset _____

A fixed mindset is _____

An example of someone demonstrating a fixed mindset _____



Mentoring self – reflection

What sort of learner am I?



What I'm good at:

- ✓
- ✓
- ✓
- ✓

What I find difficult:

- ✓
- ✓
- ✓
- ✓

What I need help with:

- ✓
- ✓
- ✓
- ✓

What strategies do you think you could use to ensure you remain focused on your learning throughout the year?

-
-
-
-

Strategies to help you keep focused in the classroom

Sit near the front of the room

If you're having trouble focusing in class, then the last thing you want to do is position yourself in the back of the room. There's truth to the saying "out of sight, out of mind," and the more difficult it is for you to see what's going on at the front of the room, the harder it will be for you to maintain your concentration. If at all possible, find a seat near the front, so you can see and hear everything the teacher is saying. You'll also benefit from your teacher's gaze as well. Just knowing that they are watching you and may be able to tell whether or not she has your undivided attention will give you extra motivation to improve your focus. If you are currently in a seat at the back of the class, request a change in your seating arrangement and explain your reason for doing so. If your teacher knows that you are experiencing difficulty paying attention, they'll most likely be happy to accommodate your request.

Take notes effectively

Many students perform better when they are actively doing something, rather than just sitting and listening. Good note-taking skills have benefits in their own right, but taking notes while the teacher is talking can have the added advantage of helping you remain engaged in the learning process. There is an art to such note-taking, however. Be sure that you are only writing down key points, rather than attempting to record everything the teacher says or writes on the board. If you focus too much on taking notes, it can detract from your ability to listen effectively, and you can easily find yourself falling behind.

Keep a tidy workspace

A tidy workspace can help you focus in class by removing any possible distractions. Keep only what you absolutely need on your desk, such as paper, pencil, and your textbook. Anything else can make the area seem cluttered and affect your ability to pay attention to the teacher or activity.

Strategies to help you keep calm

- Take a deep breath.

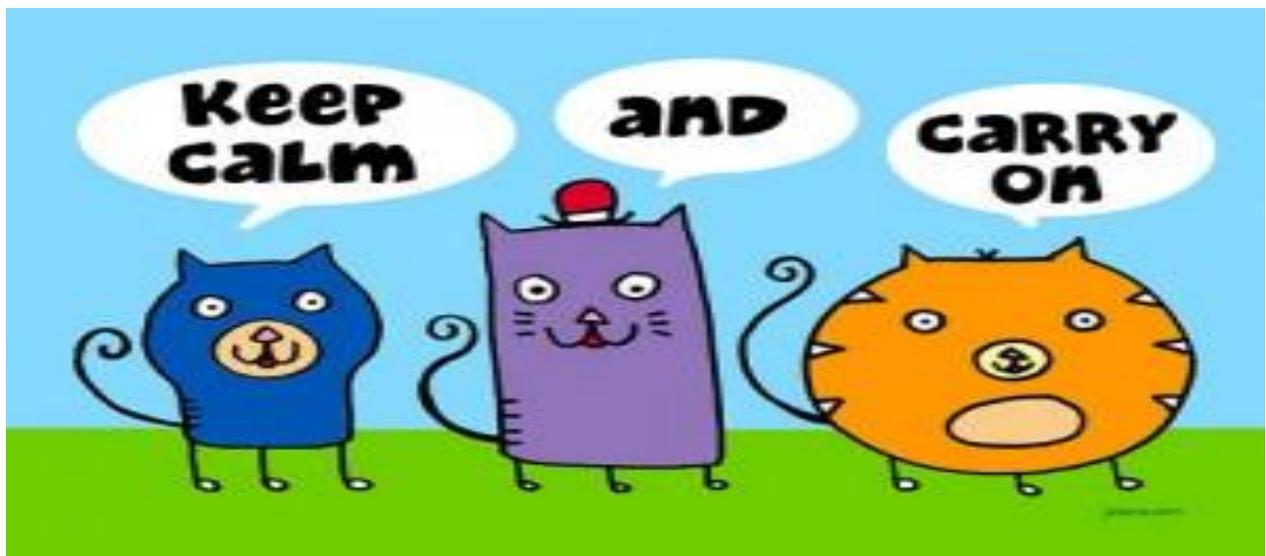
The key to a good deep breath is to have your belly move, not your chest. Put one hand on your belly and one hand on your chest. When you breathe in, your stomach should be moving out. When you breathe out, your stomach should move in.

- Imagine your favourite place.

Imagine your favorite place in the world. Maybe it's the beach, or the woods, or in a quiet spot in your home. Use your different senses to think about this place – what do you see, hear, feel? Stay there for a few minutes.

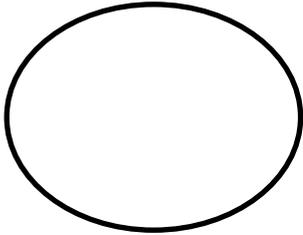
- Pick a number.

Sometimes it's helpful to focus on something simple, like counting. Pick a number and count to it. Or start with a random number, like 58, and count backwards down to one. You could start at 100 and count backwards down by 7's. Try a few different ways of counting to see which works best.

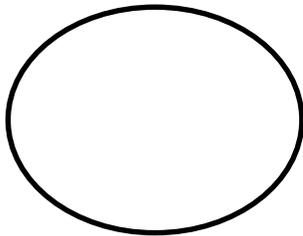


Revisiting the future - What do I want to do in the future?

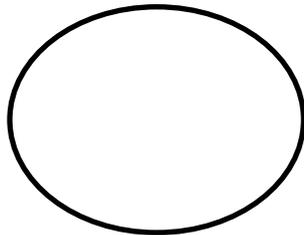
Use each circle to represent a stage in your life



What can I do to help me get there?

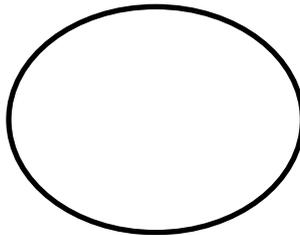


What can I do to help me get there?

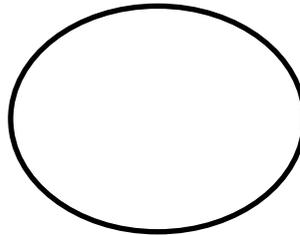


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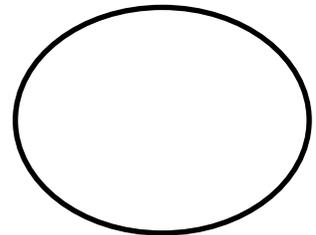
What can I do to help me get there?



What can I do to help me get there?



What can I do to help me get there?



Learner – Mentor target setting record sheet

(use these throughout the year)

Date & Time of meeting	Learning target (not subject specific)	Subject targets (subject specific)	Mentor Signature	Learner Signature
Session 1				
Session 2				
Session 3				
Session 4				
Session 5				
Session 6				

Learner – Mentor target setting record sheet

Date & Time of meeting	Learning target (not subject specific)	Subject targets (subject specific)	Mentor Signature	Learner Signature
Session 7				
Session 8				
Session 9				
Session 10				
Session 11				
Session 12				

How have I made progress on my targets?

Date & Time of meeting	Learning target (not subject specific)	Subject targets (subject specific)	Mentor Signature	Learner Signature
Session 1				
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Session 11				
Session 12				

Self-reflection 1) – How is it going?

Write honest answers to the questions below. This should be completed at the end of every half term.

1) What is going well at the moment?

2) What am I worried about at the moment?

3) What can I do to overcome this worry?

4) What further action do I need to take after today?

Self-reflection 2) – How is it going?

Write honest answers to the questions below. This should be completed at the end of every half term.

1) What is going well at the moment?

2) What am I worried about at the moment?

3) What can I do to overcome this worry?

4) What further action do I need to take after today?

Self-reflection 3) – How is it going?

Write honest answers to the questions below. This should be completed at the end of every half term.

1) What is going well at the moment?

2) What am I worried about at the moment?

3) What can I do to overcome this worry?

4) What further action do I need to take after today?

Self-reflection 4) – How is it going?

Write honest answers to the questions below. This should be completed at the end of every half term.

1) What is going well at the moment?

2) What am I worried about at the moment?

3) What can I do to overcome this worry?

4) What further action do I need to take after today?

Self-reflection 5) – How is it going?

Write honest answers to the questions below. This should be completed at the end of every half term.

1) What is going well at the moment?

2) What am I worried about at the moment?

3) What can I do to overcome this worry?

4) What further action do I need to take after today?

Self-reflection 6) – How is it going?

Write honest answers to the questions below. This should be completed at the end of every half term.

1) What is going well at the moment?

2) What am I worried about at the moment?

3) What can I do to overcome this worry?

4) What further action do I need to take after today?

My Achievements this year:

Academic	Pastoral

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