

tokcourses mindset and match

Mindset & Match provides pupils with an opportunity to consider the manner in which their attitude and mindset can have a fundamental effect upon their own success. Through a range of fun, exciting and challenging activities, pupils will learn about the importance of breaking out of their comfort zone, embracing fresh challenges, and the significance of effort in determining the extent of their achievements.

Learning Outcomes

- 🌿 Developing an understanding of the difference between 'fixed' and 'growth' mindsets
- 🌿 Learning the importance of maintaining a growth mindset in order to reach goals and fulfil potential
- 🌿 Recognising the consequence of living within our comfort zones for far too long
- 🌿 Acknowledging the importance of effort in the journey towards success
- 🌿 Opportunity to consider the extent to which individuals are responsible for their own success and progress within the world
- 🌿 Developing skills to deal with setbacks effectively and learning to use these to our advantage

Benefits

- 🌿 Development of a growth mindset
- 🌿 Increased aspirations within education
- 🌿 Greater levels of resilience when faced with challenges or obstacles
- 🌿 Improved degree of effort and application towards studies
- 🌿 Willingness to accept and implement recommendations from constructive feedback

Course Logistics

Delegates S3 pupils

Duration 1.5 hours

Sessions per day 3

Numbers per session: up to 35



Inspire the world

Introduction/Setting the Scene

We will start with a brief introduction to the speaker and the day ahead. This is a crucial part to the workshop as the presenter will engage with pupils and quickly build rapport. This will allow the class to relax and enjoy the experience ahead.

Comfort Zones

In order to lead a fulfilling life and make the most of our opportunities, it is necessary to break out of our comfort zone and stretch beyond what we already know we're capable of. By stretching ourselves and engaging in certain actions and events that may initially make us feel uncomfortable, we are able to uncover and realise new talents, abilities and interests that we were previously unaware of.

Throughout the course of Mindset & Match, participants will partake in a range of activities which illustrate that in order to gain the rewards that life has to offer, we can't be afraid of trying new things that may make us uncomfortable.

Fixed or Growth

According to noted psychologist Dr. Carol Dweck, there are two ways of looking at the world: one, is of things being pre-destined or 'fixed', and the other of things being malleable to change and therefore capable of 'growth'.

A 'fixed mindset would dictate that intelligence, creativity, or talents are fixed traits that cannot be improved. This mindset can get in the way of learning and developing. A 'growth' mindset asserts that abilities and talents can be cultivated through effort, acting on constructive feedback, embracing challenges and remaining resilient when faced with obstacles.

Your mindset can either hold you back or help you progress and excel. Mindset & Match encourages participants to consider their own mindset and reflect upon the effect it has regarding their capacity to engage with and conquer everyday challenges.

This session will leave pupils inspired, motivated and ready to embrace new challenges!

Summary

Tree of Knowledge delivers all presentations in a highly motivating and entertaining way. We use the vehicle of fun and laughter (backed up with science from experts in their field) and find that pupils are very receptive to this different style of presenting. This allows expectations and objectives to be met and often surpassed!

