

# Think about your mindset

FREE LESSON

FROM

  LANGUAGE SPOT

1) Write as many ideas as you can, and answer the questions below.

# MINDSET



- What creates our mindset?
- Do you think people can change their mindsets?
- In what situations does a person's mindset change?

2) Match the words with their meanings.

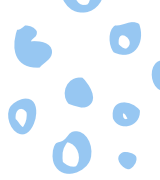
innate	development	lay the foundation	persevere
embrace	the nuts and bolts	accolade	capacity

- 1) to accept new ideas, beliefs, methods, etc in an enthusiastic way:.....
- 2) to provide the conditions that make it possible for something to happen:.....
- 3) the ability to do, experience, or understand something:.....
- 4) ability that you were born with, not one you have learned: .....
- 5) to continue to try to do something although it is difficult: .....
- 6) the basic parts of a job or an activity: .....
- 7) a prize or praise given to someone because they are very good at something.....
- 8) the process of growing, changing, or becoming more advanced:.....

3) Look at the pictures below and decide which mindset (growth or fixed) and why they correspond to.



- What is the difference between a growth mindset and a fixed mindset?



#### 4) Watch a video about growth and fixed mindsets.

**A) Watch the first part of the video (0:00–3:00) and fill in the gaps with the missing information.**

- 1) ..... is changing and improving the way people learn.
- 2) Carol Dweck discovered that people's mindset play ..... in the process of why people succeed.
- 3) People with ..... believe that skills and intelligence are set.
- 4) Skills and intelligence are..... and .....
- 5) Mindsets have..... on people's ability to learn.
- 6) People who..... growth mindset tend to learn, grow and achieve more over time.

#### VIDEO

<https://www.youtube.com/watch?v=75GFzikmRYO>

**B) Watch the second part of the video (3:00 – 8:25) and answer the questions below:**

- 1) Why growth mindset is so important and powerful?

.....  
.....

- 2) What are the nuts and bolts of a growth mindset?

.....  
.....

- 3) What are the four key characteristics of growth?

.....  
.....


- 4) How do people with fixed mindsets perceive 4 ingredients of growth?

.....  
.....



## 6) WRITING

Can you think of a time you faced an important opportunity or challenge with a fixed mindset? What were your thoughts and worries — about your abilities? About other people's judgments? About the possibility of failure? Describe them vividly.



Now, can you take that same opportunity or challenge and switch to a growth mindset? Think of it as a chance and describe it in a few sentences.



HOT  
TIP

To receive feedback, **email your answers** to [kontakt@languagespot.pl](mailto:kontakt@languagespot.pl)