Hello and a warm welcome to 7F’s assembly

Today we will be talking about how to do your best and make progress in all walks of life – both in and out of school.

We are going to talk about how we have tried to maintain a positive attitude and approach to the things that we do in life, even when things might seem difficult.

We have learnt that there are two ways you can approach things.

The first way is by having a fixed mindset. This is where you believe that you are born with a certain amount of talent or potential, and no matter how hard you try, you cannot improve or get better at it. People with a fixed mindset tend to avoid trying new things in life because they are afraid that they will not be good at it or that it will be too difficult for them. Or they give up when things get difficult. They also find it difficult to accept feedback from others on how to improve as they might see it as a criticism.

However, this is not the only way that you can approach things. Researchers have found that you can have a more positive outlook on life and its challenges. This is called a ‘growth mindset’. This is where you believe that if you work hard and apply effort, you can make progress. People with a growth mindset do not believe that their ability is fixed. Instead, they believe it can be improved with work and effort. They are keen to try new things and are more persistent when things are tricky or tough. They also welcome feedback as they know it can help them to get better in the long run.

Now we will watch a short clip all abut how we can develop a growth mindset.

**\*\*\*\*\*\*GROWTH MINDSET CLIP \*\*\*\*\*\*\*\***

Thank you for watching the clip with us. We hope that you enjoyed it. Now we will hear from some of our colleagues in 7F as they explain how they have tried to demonstrate a Growth Mindset in various aspects of their lives, even though they may have found it challenging or difficult at times.

**\*\*\*\*\*\*7F DISCUSS THEIR WORK \*\*\*\*\*\***

That concludes 7F’s assembly for today. We hope that you enjoyed it and found it useful. Hopefully you will be able to adopt a Growth Mindset, beginning in your first lesson of the day. Thank you for watching!