

Famous Quotes



"It's not that I'm so smart, it's just that I stay with problems longer."

- Albert Einstein

"A genius? For 37 years I've practiced fourteen hours a day and now they call me a genius!"

- Pablo Sarasate

"Don't tell me how talented you are. Tell me how hard you work."

- Arthur Rubinstein

For more information, check out our school website:

www.smithycroft-sec.glasgow.sch.uk

and click on the Growth Mindset tab.

By the Growth Mindset Motivators



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Growth Mindset

A guide by Smithycroft
Secondary School's Growth
Mindset Motivators!



A way of thinking
which will help us
achieve our goals!

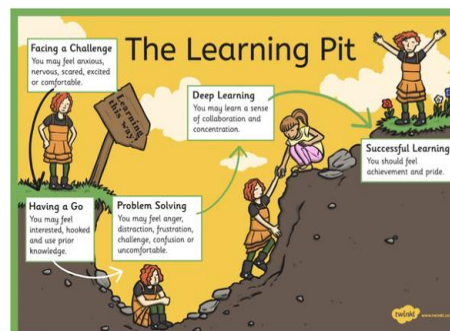
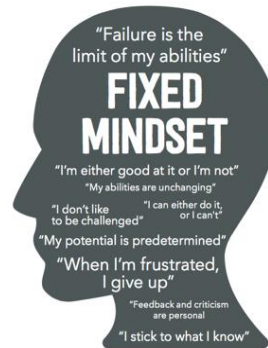
What is Growth Mindset?

Lots of people think that you are either born smart or not. However, this isn't true. When you believe that the brain changes and gets stronger when we use it, it's called a **'Growth Mindset'**.

When people learn that they can rewire their brains and increase their intelligence, they often become more interested in learning and less afraid.

There is more to it than just trying hard though. We will encourage each other to develop strategies to help our brains keep growing. By learning how to ask for help, accept constructive criticism, bounce back from failure, put in time and effort into the things we care about, we can all do better at school and in the world.

We might not be able to do something yet, but we all know that with hard work and time, we will get better!



Examples of Growth Mindset Success from our Staff and Students!

Driving: "It took me six attempts and five years to pass my driving test. There were lots of times where I wanted to give up but I knew that if I kept putting in time and effort I would pass. Passing my driving test was the biggest achievement of my life."

Swimming: "I could only swim a little bit when I started lessons but with one lesson a week at school, I learned to swim in a year!"

Drawing: "I practice drawing at home and research art because I want to have a job to do with art when I'm older. I can see how much I have improved when I look back at my old work!"

Learning to Walk: "Even toddlers learn to walk by trying over and over again and not giving up. We need to have that same mindset."

University: "My lecturer suggested I should drop out and try to find something else to do. I studied ever harder and put in lots of time and managed to pass my course! I was so proud of myself because I knew I could do it."