



## Link between Growth Mind set and BLP

	Fixed	Mixed	Growth
<b>Taking on challenges</b> Reflectiveness-Wise Owl	You don't really take on challenges on your own. You feel that challenges are to be avoided.	You might take on challenges when you have some previous experience with success in a related challenge.	You look forward to the next challenge and have long-range plans for new challenges.
<b>Learning from mistakes</b> Reflectiveness-Wise Owl	You see mistakes as failures, as proof that the task is beyond your reach. You may hide mistakes or lie about them.	You may accept mistakes as temporary setbacks, but lack strategies to apply what you learned from the mistakes in order to succeed.	You see mistakes as temporary setbacks, something to be overcome. You reflect about what you learned and apply that learning when revisiting the task.
<b>Accepting feedback and criticism</b> '4Rs'	You feel threatened by feedback and may avoid it altogether. Criticism and constructive feedback are seen as a reason to quit.	You may be motivated by feedback if it is not overly critical or threatening. Who is giving the feedback, the level of difficulty of the task, or their personal feelings might all be factors in your motivation.	You invite and are motivated by feedback and criticism. You apply new strategies as a result of feedback. You think of feedback as being a supportive element in the learning process.
<b>Practice and applying strategies</b> Resourcefulness-Sensible Squirrel	You do not practise and avoid practising when you can. You do not have any strategies for accomplishing the learning goals or tasks, or you apply ineffective strategies.	You practise, but a big setback can make you want to quit. You are more willing to practise things you are already considered good at. You are open to being given a strategy to meet a challenge, but you rarely apply, your own strategies unless it is something you are already good at.	You enjoy the process of practising and see it as part of the process of getting good at something. You may create your own practice or study plans. You fluidly use many strategies, think of some of your own strategies and ask others about their strategies.
<b>Perseverance and focus</b> Resilience-Tough Tortoise	You have little persistence on learning goals and tasks. You give up at the first sign of a struggle.	You may persevere with prompting and support. Unless you are provided with strategies for overcoming obstacles, you will stop or give up.	You 'stick to it' and have stamina for the task(s). You keep working confidently until the task is complete.
<b>Asking Questions</b> Resourcefulness-Sensible Squirrel	You do not ask questions or do not know which questions to ask, but you can usually say you don't get it' if asked.	You might ask questions about a portion of the task that you feel you can do. If you perceive it to be out of your ability, you probably won't ask questions.	You ask specific questions, ask questions about your own thinking and challenge the text, the task and the teacher.
<b>Taking risks</b> Resourcefulness-Sensible Squirrel Resilience-Tough Tortoise Reciprocity-Team Ant	You do not take risks, and if something is too hard you give in blank or copied work, if anything at all. You are not engaged in the process/task.	You will take risks if the task is already fairly familiar to you. If not, you will resort to copying or giving in partially completed work.	You begin tasks confidently, risk making errors and openly share the work you produce.