

# YOUR LEARNING MIND-SET

## KEY CONCEPTS



### The Learning Mind-set

- ✓ A habit of thinking that enables you to stay focused and persevere, particularly during times when learning may become challenging.

### Four Stages of Learning

- ✓ When learning anything new, you pass through a natural four-stage process as your brain builds the neural pathways that enable you to improve.

## NOTES

**Learning Mind-set:** A positive learning mind-set helps keep your self-talk optimistic. Instead of: 'I can't do this...', think: 'I am learning to do this...' A positive learning mind-set also has a strong purpose or goal to help keep you motivated if the learning becomes challenging.

**The Four Stages of Learning:** These are known as *unconscious incompetence*, *conscious incompetence*, *conscious competence*, and *unconscious competence*. As you start to learn something new, initially it may take a while for your brain to build the neural pathways that allow you to undertake or understand the concept or task. With practice, however, you will start to learn and get better, until you reach the final stage which allows you to do it with ease. Learning barriers sometimes occur because you see yourself initially not good at it, and the frustration and confusion you feel causes you to form limiting beliefs about your ability. Many of these beliefs have been formed when you were a child and still influence your ability today.

**NAK:** If you are feeling challenged during that second stage: **N**otice the feelings, **A**ccept them and **K**eep at the learning with the expectation that you **can** learn and get better.

## QUESTIONS

1. Discuss with others, an example of how the four stages influenced your learning in the past. For example: If you believe you can't draw, do you remember when that idea may have occurred during the second stage, conscious incompetence?
2. Write down an interest you have outside of school that you want to pursue this year. Where in the 'four stages of learning' do you think you are at? For example: are you starting to find yourself getting good at it - conscious competence?

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3. How would you have to practice in order to reach unconscious competence?

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4. To strengthen your learning mind-set do you have a good reason to persevere? If not, can you think of a goal that will help motivate you?

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1. Discuss with others, an example of how the four stages influenced your learning in the past. For example: If you believe you can't draw, do you remember when that idea may have occurred during the second stage, conscious incompetence?
2. Write down one subject you are currently studying at school that you are finding difficult. What stage of the learning process are you in. What are you telling yourself when you are in this class and how does it feel? For example: "I am frustrated because I can't do it!"

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3. What positive statements can you repeat to yourself to help you shift your attitudes towards this challenging class?

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4. Do you have any teachers that you have difficulty with? Can you think of some positive statements that might help you get on with them more? For example: '*I'm learning to get on with Mr XXX*'.

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5. To strengthen your learning mind-set with this difficult class or teacher, what goals could you set to help you keep more focused and motivated?

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2. As a senior, are you aware of where you might be holding yourself back in any aspect of your school life? Write down the situation, what you have noticed yourself saying, and what your ideal self-talk would be, if the problem was fixed.

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3. Knowing that goals help keep you focused and motivated, have you set learning goals for this year? What areas of your academic life would you like to use your positive learning mind-set to improve?

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4. Can you think of any opportunities where you could share this knowledge to help others learn?

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