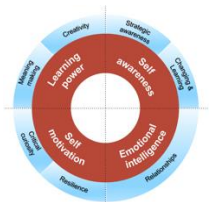
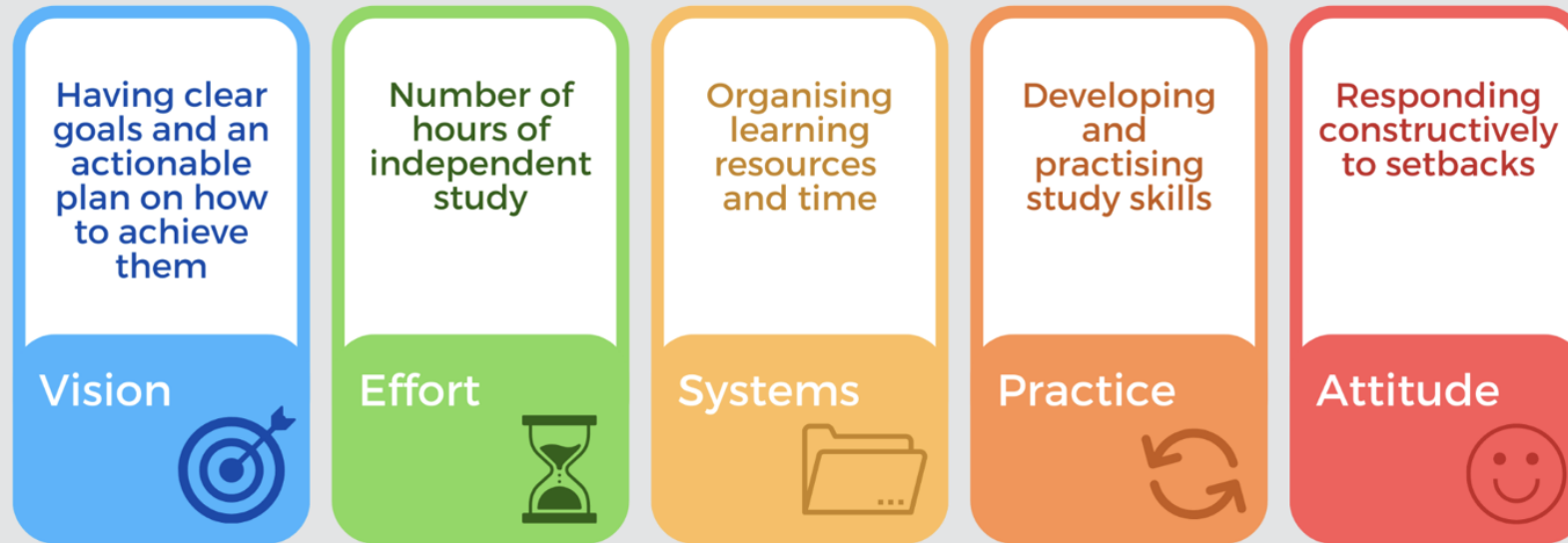


A LEVEL MINDSET



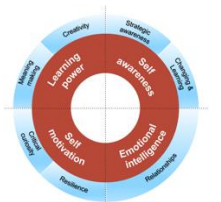
St. Ninian's
HIGH SCHOOL
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The VESPA Model



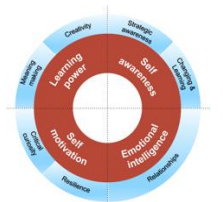
VISION

- Figuring out why you are studying helps release extra levels of commitment, determination and positivity!
- When times are tough, high vision students can remember and relate to why they're going through difficulties or challenges.
- These high vision students persist for longer and manage to remain optimistic.
- High vision students, ultimately, get the better results.



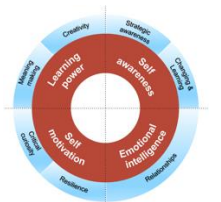
EFFORT

- The students with the best results work harder than others.
- Low effort students have the belief they are working hard too but perceptions of effort are 'personal' and 'relative'
- Two questions students should consider:
 - *When was the last time you worked really hard on something? What were you doing?*
 - *Have you ever worked so hard on something that time just flew by?*



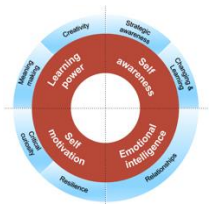
SYSTEMS

- Being organised allows you to collect and collate learning material.
- It allows you to see the connections between topics and ideas which in turn, allows you to understand the material more quickly.
- Organising your day means you get more done in less time.
- High systems students get better results through:
 - *Organisation through collating resources to make better connections (learning)*
 - *Organsing their time effectively*



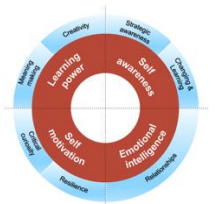
SYSTEMS

- Think about the next two questions:
 - *What does your study space look like? Tidy or messy? What about your files/folders?*
 - *Do you stick to deadlines? Are you measured and methodical or always in crisis mode?*
- Students often overlook the importance of being organised.
- Students struggling with particular academic challenge is to do with lack of organisation rather than lack of intellectual ability.
- Students will gain more from their studies if they develop their systems and ways of effective working.



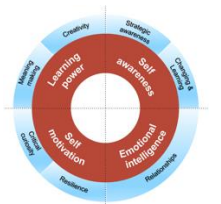
PRACTICE

- Learning isn't just memorising information!
- It's memorising information and using it to achieve certain things such as construct an argument, solve a problem, interpret data or build something new.
- High practice students get better results because they spend time practising using their information flexibly and creatively to achieve an objective.
- Low practice students stop once they've memorised their information (or stop before they've memorised it!).



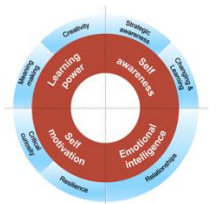
PRACTICE

- Think about the next two questions:
 - *When was the last time you tested yourself?*
 - *How would you advise someone to revise for exams?*
- Practice is distinct from effort; it represents what learners do with their studies; it's the 'how' of studying.
- When learning quickly, it's the way you practice that counts.
- Top performers don't just practice hard, they practice in a particular way!



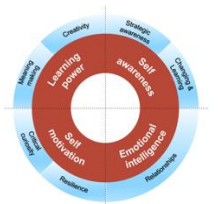
ATTITUDE

- Everyone goes through some kind of difficulties or challenges when learning.
- Some students who experience the difficulties believe they are not good enough.
- Many withdraw their effort, retreat from the challenges and eventually give up.
- High attitude students know that difficulties or challenges are to be expected.
- Their success is that they keep going when times are tough and as a result, get the better results.



ATTITUDE

- So, two questions to consider:-
 - *How do you respond when something goes wrong?*
 - *How do you learn from your mistakes?*
- We know that having the right attitude is the most important attribute and separates performance in any field
- The four aspects of attitude are:-
 - *Confidence in your abilities (it is key to academic success).*
 - *Take control of your emotions in high stakes situations.*
 - *Respond positively when feedback indicates there is still a lot of work to be done to improve.*
 - *Have a 'growth mindset' – have the belief you **can** improve!*



A summary of the key messages to use as inspiration

