# A LEVEL MINDSET





Having clear goals and an actionable plan on how to achieve them

Vision



Number of hours of independent study

Effort



Organising learning resources and time

Systems



Developing and practising study skills

Practice



Responding constructively to setbacks

Attitude







# **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**

St. Ninian's HIGH SCHOOL

- 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 distict 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 evetually 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 atttiude 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 <u>can</u> improve!



#### A summary of the key messages to use as inspiration

Systems

**Attitude** 

**Practice** 

**SUCCESS** 

Effort is relative.
Surround yourself with hard-working people and you'll get better grades If you had a job, you'd be doing a 38 hour working week. Aim to match this and your grades will leap up.

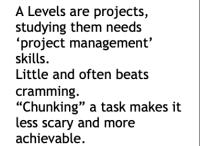
Effort is a habit. New habits need a reminder, a routine and a reward (the three R's).

We all have blockers - recognise and eliminate yours.

Revision is a three step process: learn the content, develop the skills, and seek feedback. Know the skills you will be tested on and practice them under a variety of conditions.
Successful students take

action and practice hard.

There is no clear link between exam results at sixteen, and success at A Level.
Having a vision is central to success
Dreams become goals when you take action.
Imagine yourself successful in the future.



Successful students need to succeed more than they fear failure. Turn yourself into a NAch!
Negativity will cost you at least a grade in each subject.
Stay positive and strong when things go badly.
Kill your inner critic.
When all else fails, go for a walk.





