DECEMBER -JANUARY 2022/2023

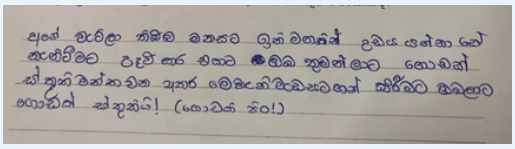
LEARN FOR LIFE LANKA

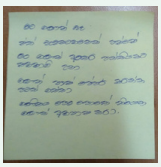
WHO ARE WE?

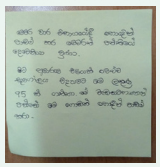
Learn for Life Lanka is a small yet committed organization comprising Sri Lankan professionals of various backgrounds who are passionate about contributing to the development of Sri Lanka through uplifting the education system and specifically contributing to the teaching and learning process. The founders set up the organization because they strongly believe that to tackle the economic and social needs of Sri Lanka, students need to be taught social and emotional skills and provide them with exposure to the world of work to create a generation that has the mindset and skills for the 21st century.

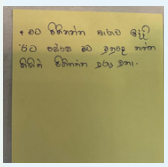
OUR OUTREACH AT THE FOG ON GROWTH MINDSET

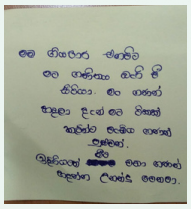
As we told you in our last newsletter, we conducted an outreach programme at the Foundation of Goodness on Growth Mindset. We thought of giving you a flavour of our programme there as we believe that growth mindset is a skill that everyone should develop to be able to excel in life. To our tremendous satisfaction we got to know that the children for whom we conducted the programme have already reaped the benefits of enhancing their growth mindset according to some of the feedback we received from them post-programme.

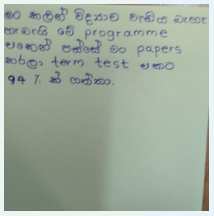












I couldn't swim but i started going to the sea and learnt to swim.

At my last exam I got 32 for maths. This time I scored 63 as I went for extra lessons and studied well.

I can't do maths, but after the programme, I took extra lessons, did past papers and did all the exercises in the maths text book.

When I came last time, I couldn't do maths, but after doing a lot of sums, I am better at maths now. I hope to put in more effort to do more in the future.



I really couldn't do maths, but I made an effort to ask friend, teachers and adults and i feel that I can do better now.

I wasn't good at science but after the programme, I did papers and scored 94%.

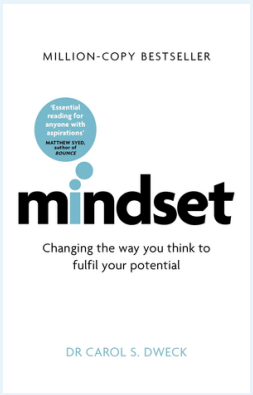
I studied really hard for my exam and came 2nd in the class. The subject that I used to find the most difficult was geography and I scored 95. I studied hard after the programme.

WHAT IS GROWTH MINDSET?

The concept of growth mindset was introduced by Dr. Carol Susan Dweck, an American psychologist with decades of research from Stanford University and is explained very well in her book “Mindset". People with a growth mindset think that their most fundamental talents can be developed through dedication, hard work, the use of the right strategies, and help from others when needed—that intelligence and talent are only the starting point. This perspective fosters a love of learning as well as the resilience required for great success.



Carol Susan Dweck

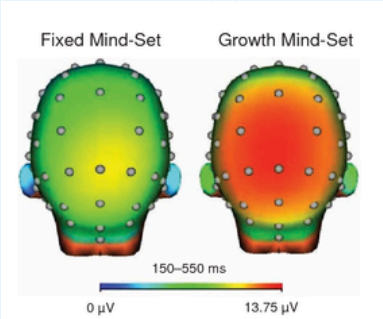


"Growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts. Although people may differ in every which way - in their initial talents and aptitudes, interests, or temperaments - everyone can change and grow through application and experience."

(Carol Dweck, The Mindsets pg. 7)

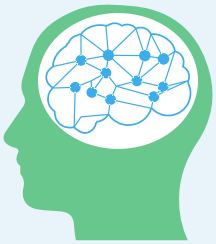
IS GROWTH MINDSET SCIENTIFICALLY PROVEN

Yes it is. Scientists recorded electrical activity from pupils' brains as they encountered a mistake. The fixed attitude students are seen on the left. There isn't much going on. They flee the wrath. They don't interact with it. On the other hand, on the right, you have pupils that have a growth mindset, or the belief that talents can be developed. They are fully involved. Yet their intellect is on fire. They are fully involved. They work through the mistake. They learn from it and make improvements. 1



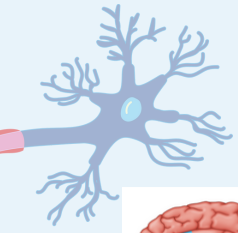
Source: 1 Mind Your Errors: Evidence for a Neural Mechanism Linking Growth Mindset to Adaptive Post error Adjustments: Jason S. Moser, Hans S. Schroder, Carrie Heeter, Tim P. Moran, and Yu-Hao Lee
https://www.google.com/search?q=growth+mindset+carol+dweck+video&oq=growth+mindset+carol+dweck+video&aqs=chrome..69i57j0i390l4.8766j0j7&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:ed02c621,vid:hiiEeMN7vbQ

CAN OUR BRAIN ACTUALLY CHANGE OR IS IT SET IN STONE?

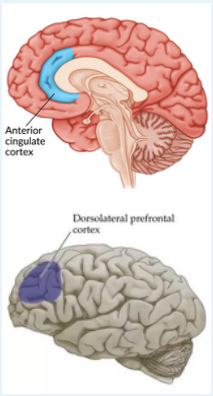


Our brain does change and is never fixed. This phenomenon is called "neuroplasticity" or "brain plasticity". It is the ability of our nervous system to adapt and change in the face of novel experience, learning or the stimulation of the environment. That is, our brain is constantly changing every now and then and millions and millions of new neural pathways are created every day which debunks the misconception that our brain is static. 2





WHO ARE THE ACC AND DLPFC OF YOUR BRAIN?



The anterior cingulate cortex or ACC is the region of your brain that is involved in the process of the assessment of emotion, emotion-related learning, and control while the dorsolateral prefrontal cortex or DLPFC is involved in a wide range of processes such as cognitive flexibility, planning, working memory, problem solving and maintaining attention. What is interesting about these two brain regions is the fact that, researchers have discovered a link between these brain regions' activation and growth mindset. 3

LET'S TALK ABOUT THE FLIPSIDE!



The opposite of growth mindset is fixed mindset and people with a fixed mindset believes that their abilities, talents and personal qualities are fixed and set in stone at birth and there's nothing you can and should do about them because they are fixed and they can't be grown or developed.

> *"As you begin to understand the fixed and growth mindsets, you will see exactly how one thing leads to another—how a belief that your qualities are carved in stone leads to a host of thoughts and actions, and how a belief that your qualities can be cultivated leads to a host of different thoughts and actions, taking you down an entirely different road."*
> *-Carol Dweck-*



People with a fixed-minded usually avoid difficulties in life, give up easily, and feel threatened by other people's success. This happens basically because when you have a fixed mindset you tend to believe that intelligence and talent are who you are rather than things that you can grow and better over time by making the right kind of efforts.

Negative thinking can be a result of a fixed mindset. For example, a person with a fixed mindset may fail in an attempt or a task and assume it is due to a lack of intelligence whereas on the other side of the coin, someone with a growth mindset may face the same thing and would assume it is because they need to practice more.

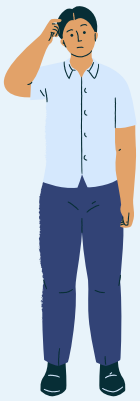
THE PROVEN BENEFITS OF A GROWTH MINDSET



- Increased motivation and academic performance
- Academic Enjoyment
- Special perks for those studying science and math
- Higher GPA
- Diminished burnout
- Lower risk of depression and anxiety
- Reduced behavioral problems.[4]



LET'S START TODAY BY CHANGING OUR SELF-TALK!



Does it show I am smart?

GROWTH-MINDSET THINKING

Does it show I am learning?



Sources:
2 https://dictionary.apa.org/neuroplasticity
3 Ng B. The Neuroscience of Growth Mindset and Intrinsic Motivation. Brain Sci. 2018;8(2):20. Published 2018 Jan 26. doi:10.3390/brainsci8020020
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4 https://www.mindsethealth.com/matter/growth-vs-fixed-mindset