Transitions Skills and Strategies

**Mindset card sort activity: cards**

**Fixed Mindset Statements**

**Growth Mindset Statements**



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| **I have never been good at maths** | **I can't write essays** | **I always lose marks for poor referencing** |
| **I'm not clever** | **The other** |  |
| **enough to understand this** | **students****understand this** | **I give up too****early** |
|  | **better** |  |
| **I never sleep well the night before an exam** | **This module is too hard** | **I should never have started this course** |



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| **I can learn from my mistakes** | **9am lectures give me good practice for my future job** | **With a bit more effort my essay writing would improve** |
| **If I work harder next time I will pass the re-sit** | **Plan B will be much better than Plan A** | **Deadlines help me to focus** |
| **Group work helps me to develop leadership skills** | **The pass mark of 40% is well below what I can achieve** | **I can use my travelling time on the train to read over my notes** |

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