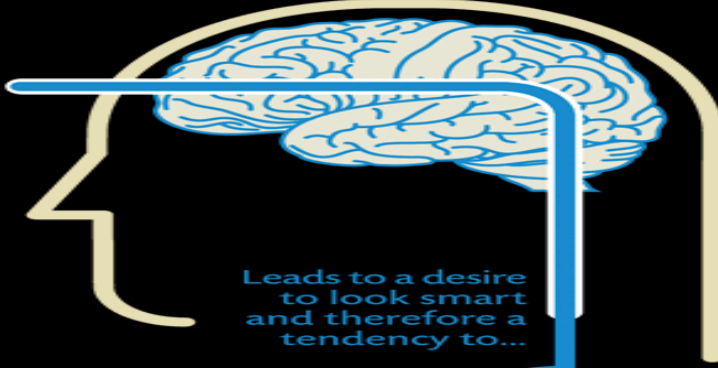
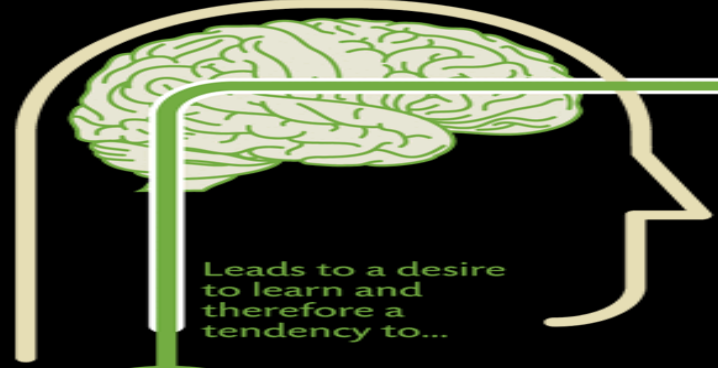


Fixed Mind-set
Intelligence is static



Leads to a desire to look smart and therefore a tendency to...

Growth Mind-set
Intelligence can be developed



Leads to a desire to learn and therefore a tendency to...

CHALLENGES

...avoid challenges



...embrace challenges



OBSTACLES

...give up easily



...persist in the face of setbacks



EFFORT

...see effort as fruitless or worse



...see effort as the path to mastery



CRITICISM

...ignore useful negative feedback



...learn from criticism



SUCCESS OF OTHERS

...feel threatened by the success of others



...find lessons and inspiration in the success of others



As a result, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic view of the world.**

As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**

GROWTH MINDSET

NEUROPLASTICITY

Half a phone = 0% functionality

Half a car = 0% Functionality

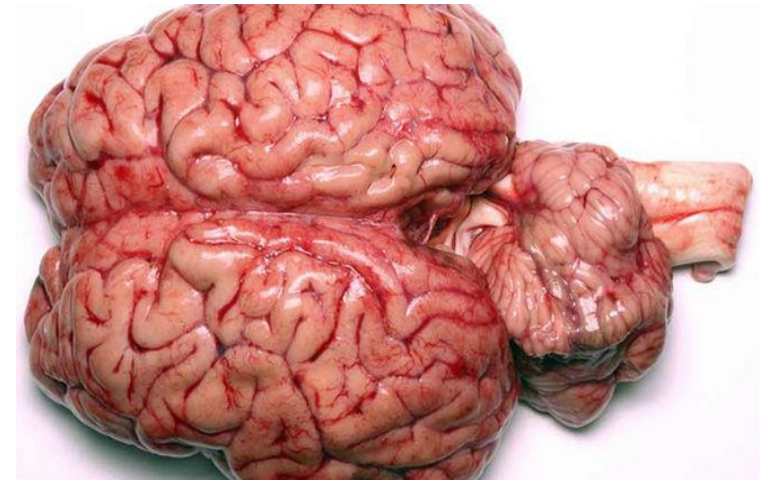
Half a brain = ????????



SO WHAT DOES THIS SAY ABOUT OUR AMAZING BRAIN?



Fixed



Dynamic

Our brain is dynamic and changing- Not completely fixed

No two brains are exactly alike

There are more synapses- connections in the brain than there are stars in the milky way

We blow all computers out of the water!



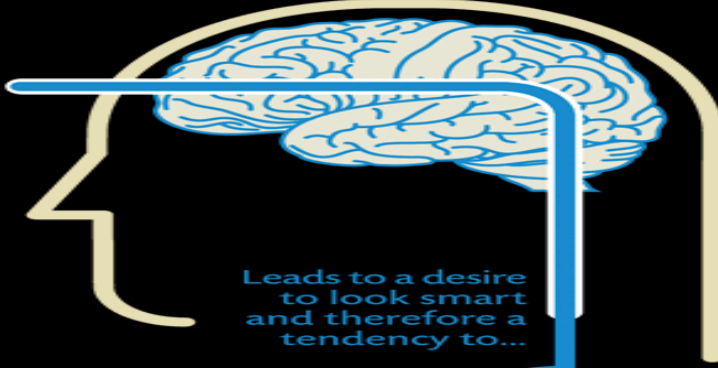
SO WHAT IS BRAIN PLASTICITY

Process by which your brain is involved in learning new skills, memories and adapts to changes in your body and environment.

Through the process of learning and changing your habits you can change the structure of your brain- you can rewire it to engage in more positive ways of doing things.

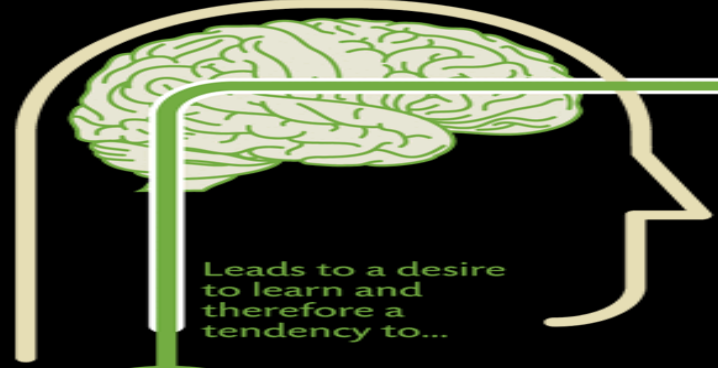


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EXAMPLE OF PLASTICITY:

MEMORY IS NOTHING MORE THAN RECONSTRUCTING A WHOLE FROM A DEGRADED FRAGMENT

NEURONS THAT FIRE TOGETHER WIRE TOGETHER!!!!



Granny's appearance

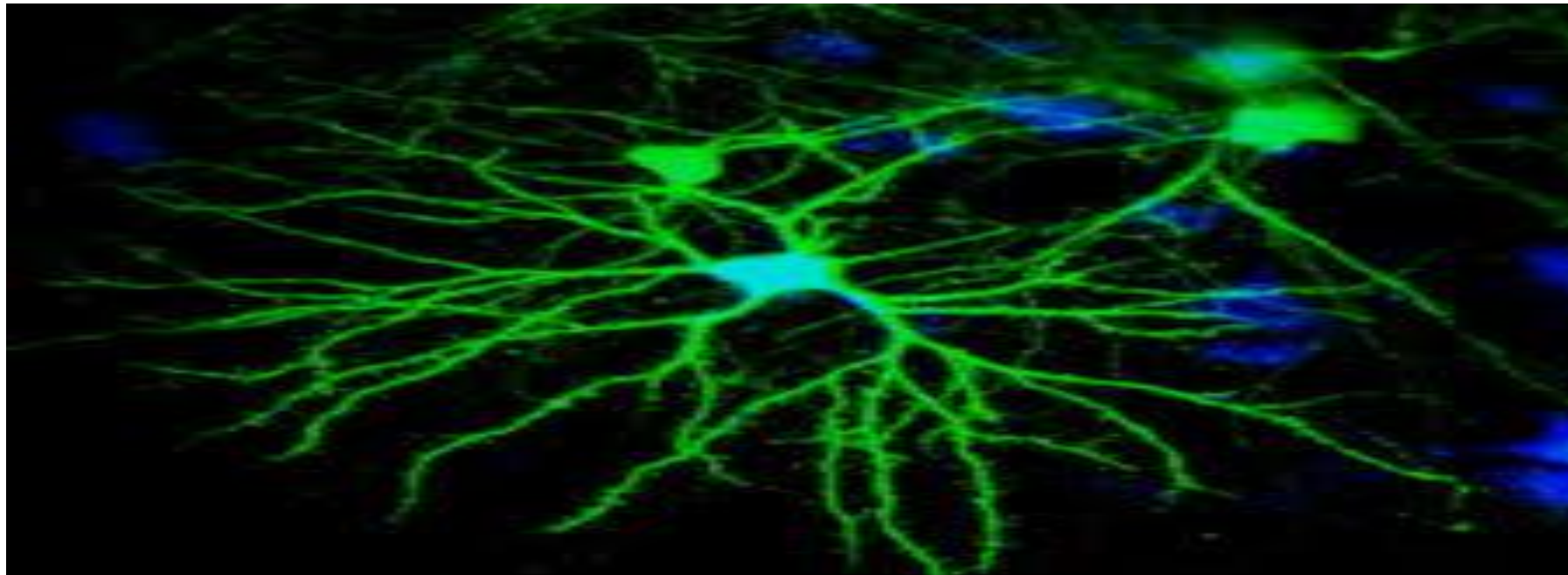
Stories that granny would tell you about the war

The smell of granny's scones cooking

So when you think of your grandmother all of these neurons fire together strengthening their connections giving you a rich memory: So what happens when you smell scones baking????



NEURONS THAT FIRE TOGETHER WIRE TOGETHER, CHANGING THE STRUCTURE OF THE BRAIN, BOTH ON A STRUCTURAL AND MOLECULAR LEVEL

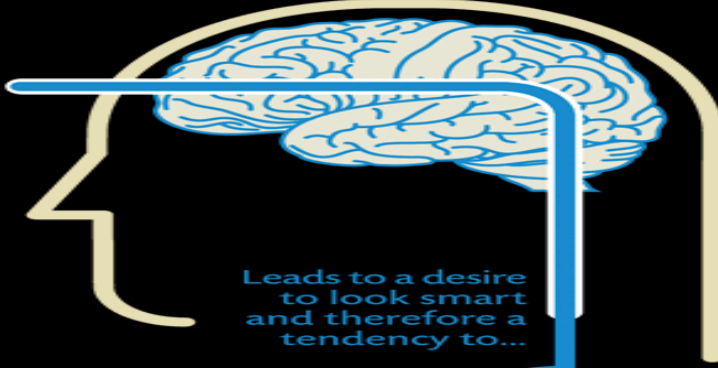


CASE STUDY: MOJO AND AS MATHEMATICS

- What can Mojo do to improve his growth mind set?
- As Mojo begins to master calculus what is happening in his brain?
- ---in terms of his grasp of maths
- ---in terms of his attitude

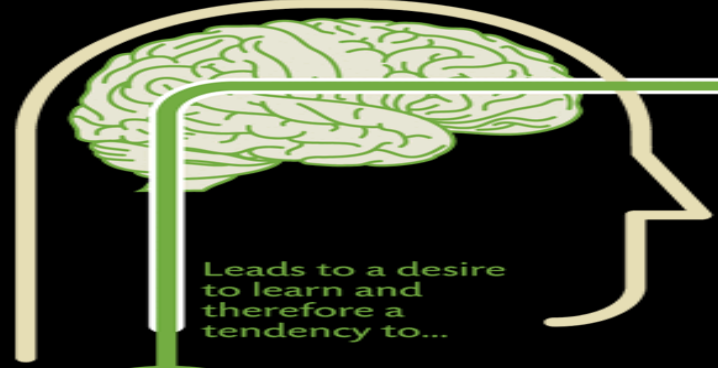


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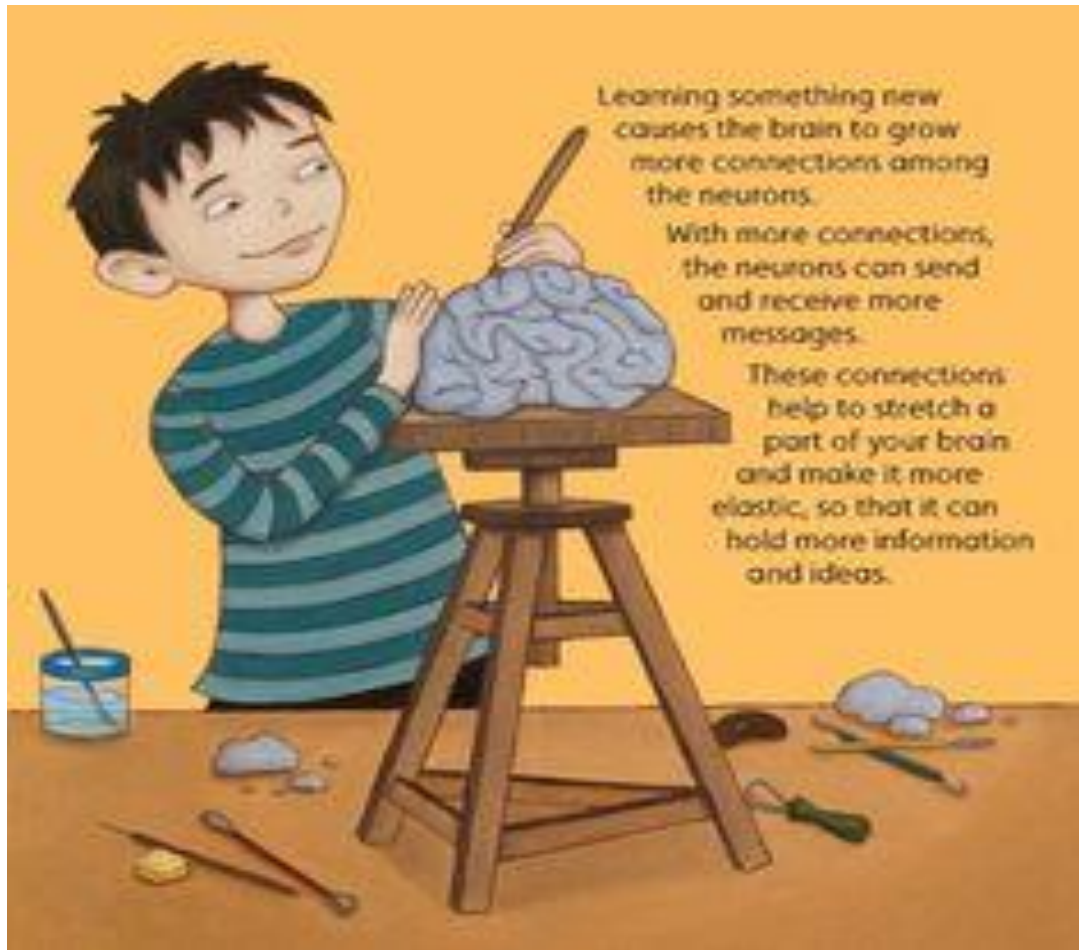
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SO BASICALLY CHANGING THE WAY YOU THINK ...CHANGES YOUR BRAINS STRUCTURE



So saying..

I cant do ityet....

Thankyou for the feedback I will take it on board to improve...

Wow, my friend is really good at maths, I can learn from them.....

My friend is really good at maths because she puts in lots of effort.....I can do that!



HOW ELSE CAN YOU APPLY NEUROSCIENCE TO YOUR LIFE?

Additional research into neuroplasticity also shows your brain can change structure based on the following:

- Memories** are laid down during sleep, you need at least 7 hours
- Alcohol impairs memory, even a few jaeger bombs on student night is enough to lead to cell death- especially working memory
- Exercise both cardio and weights actually increases your capacity to learn
- Constructive, deep distributed practise leads to better retention and stronger connections between neurons (i.e. answering exam questions and self testing with a M/S vs glossing over your notes/text book)
- YOU** have control- consider case studies of children with severe neurological impairments, and the progress they can make!



