Bridge4Mothers
PSL Programme — Personal, Social and Learning-to-Learn Competencies

MODULE 7 — Growth Mindset & Motivation



Co-funded by the European Union

Topics Covered

A growth mindset helps learners believe that abilities can develop through effort, practice and support.

1. **Mindset**
   Skills can improve
2. **Motivation**
   Reasons to keep going
3. **Confidence**
   Self-belief grows
4. **Challenges**
   Mistakes can teach
5. **Failure**
   Try again with courage
6. **Strengths**
   Notice what you do well
7. **Goals**
   Plan small next steps
8. **Learning**
   Stay curious and open

This module supports learners to build motivation, confidence and positive learning habits in everyday life, work and training.

Introduction to Growth Mindset

A growth mindset is the belief that skills, confidence and abilities can develop through practice, support and learning.

- Growth is possible when learners try new strategies and keep practising.
- Challenges are opportunities to learn rather than signs of personal failure.
- Mistakes provide useful information about what to adjust next time.
- Encouragement, feedback and reflection help learners continue moving forward.

Learn • Practise • Grow

Understanding Motivation & Confidence

Motivation gives direction; confidence helps learners take action in new situations.

Motivation can support

1. Purpose
2. Energy
3. Persistence
4. Action

Confidence grows through

Practice
Repeating a skill makes it feel more familiar.

Support
Encouragement helps learners continue.

Reflection
Looking back shows what has improved.

Small wins
Each step forward builds self-belief.

Motivation is easier to maintain when goals feel meaningful and achievable.

Fixed Mindset vs Growth Mindset

Mindset influences how we respond to effort, feedback and mistakes.

Fixed mindset thoughts

1. “I am not good at this.”
2. “Mistakes mean failure.”
3. “I should give up.”
4. “Others are naturally better.”

Growth mindset responses

I can improve
Skills develop with practice and support.

Mistakes help me learn
Errors show what to try differently.

I can try another strategy
There is more than one way forward.

I can learn from others
Other people’s progress can inspire me.

Changing the words we use can change the way we approach learning.

Learning Through Challenges

Challenges can create strong opportunities for learning and personal growth.

Challenges can teach

1. Patience
2. Problem-solving
3. New strategies
4. Self-awareness

When a task feels hard

Pause and breathe
Create space before reacting.

Break it down
Divide the challenge into smaller steps.

Ask for help
Support is part of learning.

Review what worked
Use reflection to guide the next step.

A difficult moment can become a learning moment when we respond step by step.

Managing Fear of Failure

Fear of failure is common when learning something new and can be managed.

Fear may appear as

1. Avoiding tasks
2. Feeling embarrassed
3. Self-criticism
4. Comparing yourself

Helpful responses

Normalise mistakes
Everyone makes mistakes while learning.

Focus on effort
Effort shows commitment and courage.

Try a small action
One step can reduce pressure.

Celebrate progress
Notice improvement, not only results.

> Failure is not an identity; it is feedback that can guide the next step.

Recognising Strengths & Achievements

Recognising strengths helps learners build self-belief and motivation.

Ways to recognise strengths

1. Notice effort
2. Record achievements
3. Ask for feedback
4. Identify skills used

Examples of strengths

Communication
Sharing ideas and asking questions clearly.

Organisation
Planning tasks and managing responsibilities.

Care for others
Offering support and understanding.

Persistence
Continuing even when progress is slow.

Recognising strengths helps learners build confidence and motivation.

Goal-Setting & Personal Development

Realistic goals turn motivation into action and make progress visible.

Goal-setting steps

1. Choose one goal
2. Make it specific
3. Plan the first step
4. Review progress

Personal development habits

Learn regularly
Build learning into everyday routines.

Reflect on progress
Notice what has changed or improved.

Adjust plans
Change the approach when needed.

Stay motivated
Connect goals with personal values.

Small realistic goals make growth visible and easier to continue.

Supporting Lifelong Learning

A growth mindset supports lifelong learning at home, in training, at work and in community life.

Learners can strengthen motivation by staying curious, recognising progress and using challenges as opportunities to grow.

1. What is one skill I would like to improve?
2. What challenge could help me learn something new?
3. What small action can I take this week to stay motivated?

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