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PSL Programme — Personal, Social and Learning-to-Learn Competences

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C. Reading Material

Reading: Growth Mindset & Personal Development

A growth mindset means believing that:

- abilities,
- confidence,
- and skills

can improve through:

- effort,
- learning,
- practice,
- and experience.

People with a growth mindset understand that:

- challenges are part of learning,
- mistakes are opportunities for growth,
- and progress happens step by step.

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Motivation can sometimes change depending on:

- stress,
- confidence,
- responsibilities,
- emotional wellbeing,
- and life circumstances.

Recognising strengths and achievements can help strengthen:

- self-belief,
- confidence,
- resilience,
- and motivation.

Everyone learns differently and develops confidence gradually.

Personal growth is not about perfection.
It is about:

- progress,
- learning,

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- resilience,
- and continuing to move forward.

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