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| **Session Aims** | To show different aspects of Mindset- growth and fixed. By visual, interactive, debate and activities. Encourage individuality and dispose of negative thoughts in a productive way |
| **Pre- preparation** | Look up video clip, create a short pamphlet (refer to previous email attachment), questions and thinking points, interactive activity. |
| **Timing** | **Activities and Resources** |
| **Intro/ Start of session** | What is mindset? How is it corporate into daily lives and university?  What are the key areas of relevance? Relatable- personal experiences. |
| **During the session** | Review pamphlet- discussion/ experiences. Think about how negative can turn to positive. How to use every day.  Being aware of how you are responding to outside influences and within university life. |
| **Ending the session** | Ways to think differently, keeping track of the thinking process. Activity- paper planes and bullseye (refer to previous email attachment).  Little tasks to do in the week (end of pamphlet). |
| **Back up activities** | Something fun and easy- hangman, chemistry quiz on line, word association. |