

## Develop your Growth Mindset

Good morning, everyone,

As we are going to have our 1<sup>st</sup> Term Examination, may I ask a question: “Do you sometimes struggle with a lack of motivation?” Many students told me that they had made a study plan and were supposed to be studying at least five hours every day for the examination. Yet, they ended up texting their friends, watching YouTube videos, or playing games. Day after day, they became even unmotivated, time became lesser and challenges became bigger and closer! It sounds familiar to you, doesn't it?



How can you break this viscous cycle (惡性循環)? How can you create a breakthrough? Have you ever thought of helping yourselves? Have you reviewed your learning habit? Have you tuned your mindset?

Dr. Dweck, a psychologist at Stanford University has suggested a way to strengthen our growth-mindset (成長心態) and suppress our fixed-mindset (定型心態).

Our FIXED-MINDSET will usually tell us: “Are you sure you can do it? Maybe you don't have the talent.” We should at once use our **GROWTH-MINDSET** and say, “**I'm not sure whether I can do it now, but I think I can learn with time and effort.**”

When we are afraid of trying new things, our FIXED MINDSET will usually say, “What if we fail—we'll be losing our face”. **We should at once again use our GROWTH MINDSET and say, “Many successful people had failures along the way.”, “Success is the sum of small efforts, repeated day in and day out.”**

As the 1st term examination is coming, have you set some new goals for yourselves? If you have no ideas, maybe you can consider the goals that I have suggested for all of you!



**The First one: Believe in ourselves!**

**Second: Have a growth mindset!**

**Third: Overcome procrastination (拖延)!**

**Fourth: Work hard!**

**The Fifth one: Don't make excuses (藉口)!**

**Last one: Persevere (堅毅)!**

I hope students can have more inspirations in evaluating their own learning strategies and habits, develop the growth mindset, keep motivated and have the values and tools for lifelong success.

Thank you!

Principal Leong  
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