



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEEV-2: MODULE 7

GROWTH MINDSET VS FIXED MINDSET

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EARLY CAREER HELP'S

NEEV

Nurture | Enlighten | Evaluate | Victory

GUIDANCE PROGRAM

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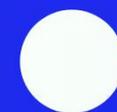
For Students of Class 6-9

HELPS YOUR CHILD STAY
FOCUSED, BUILD CLARITY,
MANAGE TIME, AND PLAN
THEIR CAREER AHEAD

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“Whether you think you can or think you can’t – you’re right.”



- ❌ “I can’t” → ✅ “I can try”
- 📖 Learn from failure, not fear it
- 👥 See examples of achievers who failed first
- 🌟 Praise effort, not just outcome
- 🔥 Challenge = chance to grow
- 🧠 Brain grows with hard work
- 🔄 Shift negative to positive self-talk
- 📈 Progress matters more than perfection



Unlock your true learning potential

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What is a Mindset?

☐  Mindset = Your belief about your ability to grow and learn

There are 2 types:

1.  Fixed Mindset: "I'm not good at math."

2.  Growth Mindset: "I can improve with effort."

 Your mindset shapes your actions and results ⚡

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Fixed Mindset — Danger Zone

🚫 Fixed mindset traits:

- ❑ Avoids challenges
- ❑ Gives up easily
- ❑ Sees effort as useless
- ❑ Feels threatened by others' success
- ❑ Says: "I'm just not smart."

🔒 This mindset limits learning and confidence

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Growth Mindset — Success Zone



✓ Growth mindset traits:

- Embraces challenges
- Learns from failures
- Values effort and process
- Celebrates others' progress
- Says: "I'll try a new way."


This mindset unlocks
continuous improvement


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Brain Science Behind Growth Mindset

 Neuroplasticity: The brain grows stronger with use

Like muscles, your brain:

Builds new connections with practice

Learns from mistakes

Becomes more efficient when challenged


**Struggle =
Growth Opportunity**

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Real-Life Examples of Growth Mindset

Famous stories:

- Thomas Edison failed 1000+ times before inventing the lightbulb.
- Michael Jordan was cut from his school basketball team.
- APJ Abdul Kalam life


They didn't give up.
They grew up.

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Daily Habits to Build Growth Mindset

 Use these in daily life:

✓ Replace “I can’t” with “I’ll try”

✓ Praise effort, not just outcome

✓ Ask: “What did I learn today?”

✓ Keep a mistake journal


**Every mistake
is a step forward**

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Growth Mindset in Studies

Application in academics:

✓  Solve tough problems =
Brain grows

✓  Review mistakes after tests

✓  Track progress over time

✓  Stay calm when things go
wrong

 
**Focus on improvement,
not perfection**

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Visual Comparison – Growth vs Fixed

Situation	Fixed Mindset Response	Growth Mindset Response
Low marks	“I’m dumb”	“What can I improve?”
Difficult topic	“Too hard”	“I’ll keep trying”
Others score more	“They’re lucky”	“I’ll learn from them”


**Mindset is a choice
Choose growth**

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Tips for Parents & Students

 Parents please:

- Praise effort, not just marks
- Share your own learning journey
- Avoid saying “You’re just like this” – use “You can change this”

Dear Students

"It's not about being the best – it's about getting better every day. And that starts with your mindset."

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MANAGING STRESS & TEENAGE EMOTIONS

- 🧘 Deep breathing & relaxation practices
- 📔 Maintain a mood/emotion diary
- 🗣️ Talk to someone you trust
- 🎵 Use music, art, hobbies to de-stress
- 📖 Understand triggers & reactions
- 😬 Don't bottle emotions—learn healthy expression
- 🧠 Mindfulness over meltdown
- 🧑‍🚀 Normalize help-seeking (not weakness!)

🧩 Emotions are messengers.
Learn to listen, not suppress.

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