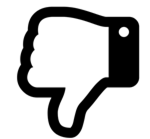
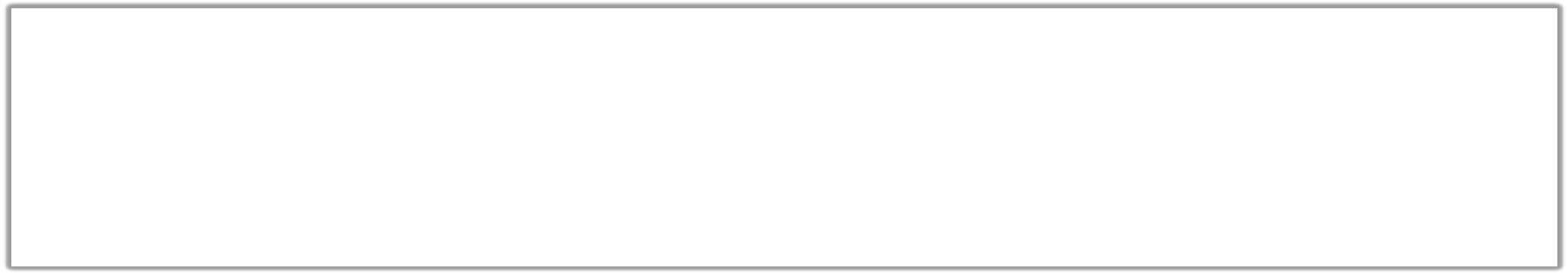


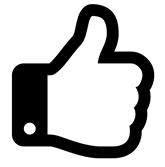
Transitions Skills and Strategies

**Mindset card sort activity: cards**



**Fixed Mindset Statements**

**Growth Mindset Statements**



|  |  |  |
| --- | --- | --- |
| **I have never been good at maths** | **I can't write essays** | **I always lose marks for poor referencing** |
| **I'm not clever** | **The other** |  |
| **enough to understand this** | **students**  **understand this** | **I give up too**  **early** |
|  | **better** |  |
| **I never sleep well the night before an exam** | **This module is too hard** | **I should never have started this course** |



|  |  |  |
| --- | --- | --- |
| **I can learn from my mistakes** | **9am lectures give me good practice for my future job** | **With a bit more effort my essay writing would improve** |
| **If I work harder next time I will pass the re-sit** | **Plan B will be much better than Plan A** | **Deadlines help me to focus** |
| **Group work helps me to develop leadership skills** | **The pass mark of 40% is well below what I can achieve** | **I can use my travelling time on the train to read over my notes** |

|  |  |  |
| --- | --- | --- |
|  |  |  |



|  |  |  |
| --- | --- | --- |
|  |  |  |



Published by QAA, and produced by the sector and QAA Scotland, this resource has been commissioned by the Scottish Funding Council to support its duty to secure provision for assessing and enhancing the quality of fundable further and higher education provision.



Published - 9 January 2023

© The Quality Assurance Agency for Higher Education 2023  
Registered charity numbers 1062746 and SC037786  
[www.enhancementthemes.ac.uk](http://www.enhancementthemes.ac.uk)