

Modules & Activities

Growth Mindset

ELGM01

Prepare to grow

Quiz: Dweck Mindset Instrument

ELGM02

Take charge

Post: respond to “what’s one thing in your life that you would want to change?”

ELGM03

Set goals

Scenario: analyse SMART goals and comment what you would do differently

ELGM04

Prioritise

Post: respond to “how do you stay focused on what’s important?”

ELGM05

Create value

Post: respond to “how do I create value in my life/ workplace/ community?”

ELGM06

Seek to understand

Video post: record yourself having a conversation with another student. Then analyse what you could do better

ELGM07

Find allies

Post: respond to “if you had the choice, who would you like to meet for dinner?”

ELGM08

Keep learning

Plan: create a self-development plan and a review and update process

ELGM09

Develop habits

Post: respond to “what habits should you develop and how?”

ELGM10

Tell another person

Video post: create a 5-minute video summarising your learning