



### Did you know?

Teachers have the potential to help students use the power of their inner speech to engage in positive self-talk and shift their mindset to growth mindset (Dweck, 2017). **Positive self-talk** helps them **develop** important **skills** and the **confidence** needed to succeed in learning (Robinson, 2017).



### Good examples of students positive-self talk

- »I will tackle this problem until it is solved.«
- »I am a problem solver.«
- »I will not give up easily.«
- »I can do difficult things.«



### What can you actually do in the classroom?

- **Recognize students' negative self-talk.**

I am not good at this.  
I do not understand this.  
I can not do this.  
It's too difficult.  
I give up.

- **Use a catchphrase.** And teach them to hear their own negative self-talk. We can help students who feel they are slipping into their fixed mindset by becoming aware of their negative self-talk by humorously addressing their self-talk and thus getting them back on the path to a growth mindset. When you notice negative self-talk, you can greet their inner voice: »Hi, Silly. Are you in his head again? We don't need you here.«

- **From negative to a positive.** The next step is to teach students to replace fixed thoughts with growth mindset statements. The first stage is to identify negative self-talk, and then provide a concrete example of positive self-talk.

What am I missing?  
I'm going to use some of the techniques we studied.  
I'm not finished yet.  
This is something I'm capable of.



### References

- 1.Dweck, C. (2017). *Mindset: Changing the way you think to fulfil your potential*. London: Hachette UK.
- 2.Robinson, C. (2017). Growth mindset in the classroom. *Science Scope*, 41(2), 18.





## What can you actually do in the classroom?

- **End student's negative self-talk statement with »yet«.** Pay attention to situations in which pupils receive a poor grade, are unable to complete an assignment or difficult tasks where they are more likely to give up.
- **Be a good example.** Your self-talk as a teacher may affect the way you handle situations and consequently affect students' self-talk. Rather than criticizing someone, you look for methods to help them. Instead of giving up on somebody, you think up a new strategy for dealing with the problem. When talking to yourself and to students, practice applying positive thinking skills openly. Positive thoughts in the morning, such as »Today is going to be a great day« or »I'm ready for whatever the day gives me« are great ways to awaken your positive self-talk and optimism, which is often contagious and essential for positive self-talk.
- **Wrapping lesson with positive self-talk.** At the end of a lesson, encourage students to answer two questions:
  1. **In our class today, what did you shine at?**
  2. **What steps did you take to improve our time together?**

Students will learn to focus on their own skills and abilities by answering these questions. They will be teaching their minds to think positively about themselves and their abilities.