

Skills for staying positive

Worksheet one: Develop a positive attitude

This activity is all about how developing a positive attitude, also known as a 'growth mindset', is valuable both now and for the future. You can type answers into the boxes.

What does it mean to have a positive attitude, or a growth mindset?

Can you think of some examples of when you have shown a positive attitude/growth mindset?

Think about a time when you faced a challenge. What could you have done differently to approach it with a growth mindset and positive attitude?

Look at the statements below which describe a 'fixed' mindset, or negative attitude. Transform them into statements that show a growth mindset, and encourage you to stay positive.

For example, 'I can't do this' could become 'I can do this if I keep trying.'

Fixed mindset/negative attitude

Growth mindset/positive attitude

- I can't do this
- I give up
- My work isn't good enough
- This is too hard
- My friend is better at this than me
- I'm not good at this
- I'm brilliant at this
- My work is fine as it is
- This isn't my strength
- I don't understand it
- She finds it easier than I do

A growth mindset means that you:

- ✓ Welcome mistakes and learn from them
- ✓ Have 'grit', determination and perseverance, even in the face of challenge
- ✓ Have 'emotional intelligence' – i.e. they can reflect on their feelings and have strategies to control their emotional responses to challenging situations

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Worksheet two: Sadiya's case study

Read Sadiya's real life case study below or listen [here](#).



"I am currently working at Leeds City Council, after completing a graduate placement here. During the placement, I was able to work across several departments including Children's Services, Public Health and Communities and learn about the different types of work that go on day to day. My favourite project area was probably working with Children's, working on exciting initiatives including launching an app.

I think the biggest challenge for me during the placement was working for different teams, which meant reporting to different managers and having different responsibilities. To keep on top of my workload, it was really important for me to prioritise, break down the tasks and set realistic deadlines for each one.

An example of this was during my work with the Migration team (who are responsible for supporting new arrivals and working with migrant communities in Leeds). I was really interested in their work, but felt that I had a lot less time to give to the project I was working on for another team. To solve this problem, I looked at the tasks involved in both projects and saw that the work I'd been asked to do for the Migration team supported the goals of my other project. I explained this to my managers who were then able to combine some parts of both projects, which resulted in me feeling less pressured and meant that I could keep working on both projects.

Overall, my key learning points for someone looking to build their problem-solving skills is to keep calm, work out what the problem is, break it down into smaller parts and come up with creative solutions."

What skills do you think Sadiya developed? How did these skills help her to get a job or get on in the workplace?

How did Sadiya demonstrate a positive attitude?

How could you demonstrate a positive attitude in the context of school or work?

Skills for staying positive

Worksheet three: Kimberly's case study

Read Kimberly's real life case study below or listen [here](#).



"Whilst at sixth form I was unsure regarding next steps, I didn't want to go to university, but this was the only path promoted by my institution. I was aware that there were apprenticeships out there, but I didn't have any information on where to search for them and how to apply.

However, I did know it was important to stay positive throughout my search for my next step. This prompted me to research and find out more about apprenticeships and what was available. Eventually I found a programme online which helped students find apprenticeships with the support of a mentor. I had regular sessions with a mentor who

introduced me to Barclays LifeSkills.

I used some of the free resources such as the CV lessons and interview skills with my mentor to build my confidence and help achieve my goal of gaining an apprenticeship.

I was successful securing an apprenticeship at a printing organisation and have worked there for just over two years. This year I won the 2018 Advanced Level 3 Apprentice of the Year. The experience has taught me the importance of staying positive, using different tactics and the right mindset to find your path."

What skills do you think Kimberly developed? How did these skills help her to get a job or get on in the workplace?

How did Kimberly demonstrate a positive attitude?

How could you demonstrate a positive attitude in the context of school or work?
