

Growth Mindset

At Dalkeith High School PE Dept we aim to develop a Growth Mindset in our students.

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

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Our key message is that students can achieve success regardless of sporting talent, intelligence or their social background. Learning is the end goal and they will make mistakes along the way. Showing grit, motivation and resilience will allow them to move closer towards their targets.

SUCCESS DOES NOT LIE IN 'RESULTS' BUT IN 'EFFORTS'. 'BEING' THE BEST IS NOT SO IMPORTANT; 'DOING' YOUR BEST IS ALL THAT MATTERS.

10 THINGS THAT REQUIRE ZERO TALENT

1. BEING ON TIME
2. WORK ETHIC
3. EFFORT
4. BODY LANGUAGE
5. ENERGY
6. ATTITUDE
7. PASSION
8. BEING COACHABLE
9. DOING EXTRA
10. BEING PREPARED