

## Teacher Notes:

### Session 2: Looking to the Future

If you have any questions, please contact me at [e.laing@mardenhigh.net](mailto:e.laing@mardenhigh.net).

Feel free to adapt these resources to suit your cohort.

This session focuses on positive growth mindsets in relation to learning and secondary school. By the end of the session students will have composed a letter to their future self.

The session's materials and activities are not specific to a school, meaning that you can use them with your whole cohort no matter what secondary school they are attending in September.

The session features a range of video clips, with some suggested discussion points for each (in the 'notes section at the bottom of each slide).

**Equipment required: pen/pencil and paper. An envelope per student would be useful, but not required.**

### By the end of this session....

All students will	Identify examples of a positive growth mindset and consider their future goals
Most students will	Explain how to display a positive growth mindset and how they will continue to be positive
Some students will	Reflect on their own positive growth mindset qualities, looking to the future

# Session 2: Looking to the Future



**Miss Laing, Head of Year 7 & Transition at Marden High School**

Today we will look to the future to develop a positive growth mindset and consider what you want to achieve throughout your time at high school.

Transition to  
secondary school



# Positive Mindset

What do you think that this might mean?

Discuss with those around you and mind map or list your ideas.

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# Positive Mindset

A positive mindset is the difference between a person giving up because they're "not a maths person" to trying and thinking positively about how they can achieve something greater with hard work and determination.

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How do the characters in this clip feel?

Who do you think shows a positive mindset?

Have you ever experienced any of the thoughts and feelings shown in the clip?

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What do you learn from this video?

Have you ever experienced any of the thoughts and feelings shown in the clip?

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## Ryan's Story

What do you learn from Ryan in this video?

Do you think that he demonstrates a positive mindset?



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Imagine what you would like to become.

How would you like to be portrayed?

What do you want people to think and say about you?

This letter will be private and should be a chance to open up about your thoughts, feelings and goals.

## Letter to your future self

You are going to write a letter to your future self. This could be you in a year's time or you in a few years' time, at the end of secondary school.

## Initial Ideas

All students will

Identify examples of a positive growth mindset and consider their future goals

Most students will

Explain how to display a positive growth mindset and how they will continue to be positive

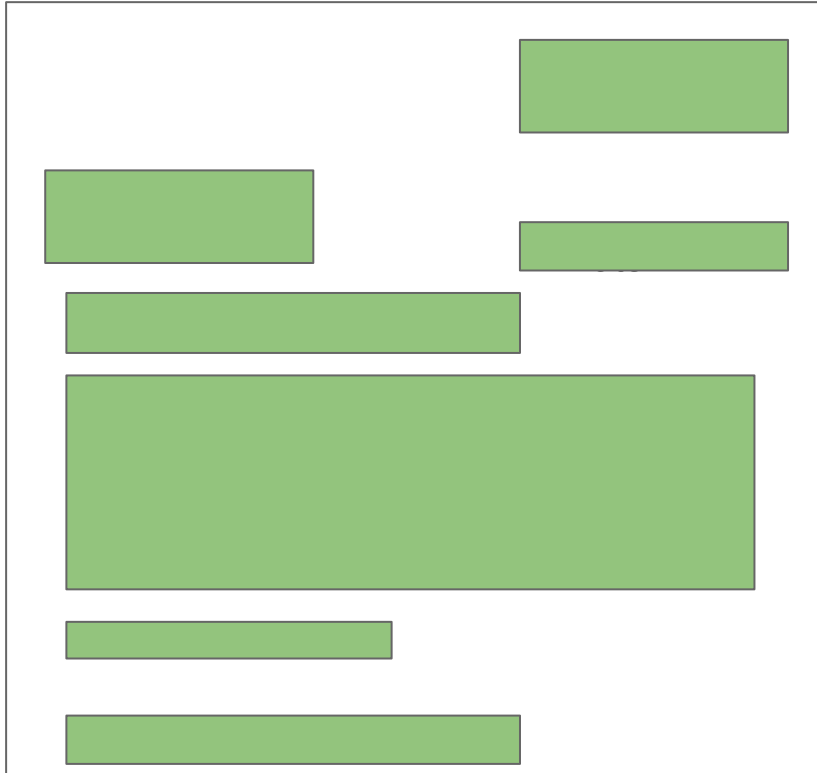
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## Formal Letter Writing

How are formal letters structured?

Identify the features of a letter.

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## Formal Letter Writing

Sender  
Address

Recipient  
Address

Date

Greeting

Main body of letter

Yours Sincerely

Name of sender

How are formal  
letters structured?

Identify the  
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### Some ideas to get your started:

- What advice would you give yourself when starting something new?
- What would you like to change about yourself?
- How can you improve yourself?
- What are your ambitions?
- What are your goals?
- What are your dreams?
- Who would you like to get to know?
- What new things would you like to take part in?
- If you were somebody else starting a new year at school, what would you tell them?

## Letter to your future self

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## Write your letter

All students will

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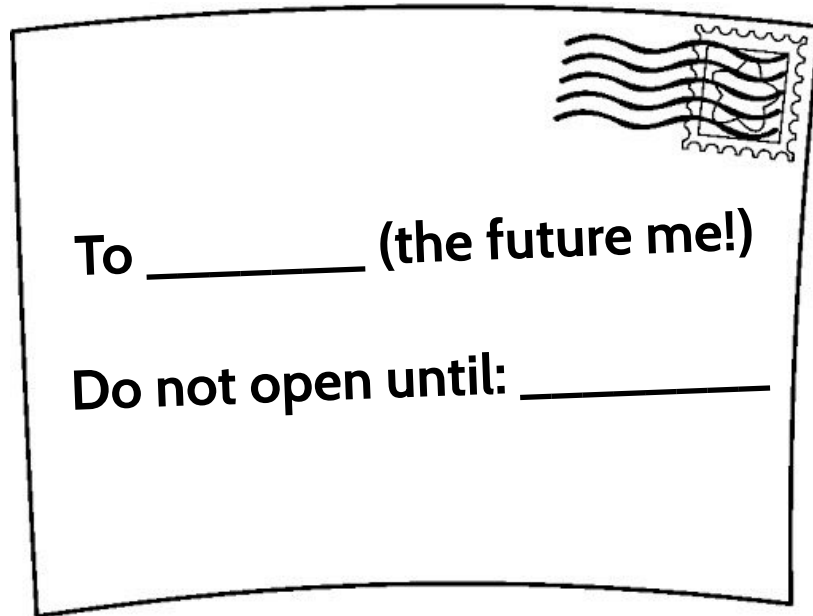
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## Letter to your future self

Fold your letter in half, or put it in an envelope if you have one.

On the front of your letter, indicate when you would like to open it.

Take this home and put it somewhere **safe.**

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