

Novak Growth Mindset

(Kids Age 5-10yrs)

Qualification facts



About this qualification

The Growth Mindset (Age5-10yrs) prepares learners to nurture and develop a positive growth mindset by making them believe that intelligence can be developed.

Novak offers growth mindset programs to young children to help them make believe about our own abilities and potential. These beliefs are part of their mindset which is so powerful it can fuel their behavior and predict our success. Mindset shapes young children's everyday lives, helping them interpret their experiences and future possibilities.

Entry requirements

Learners must have to be in the age of 5 to 10years. We do not set any other entry requirements but Trainers may have their own guidelines.

English Language

Learners will need to have basic reading and writing skills in the English language. We recommend basic communication skills in English language.

Qualification structure

We have structured the units around the following four themes:

Theme 1: Introduce It

Theme 2 : Notice It

Theme 3: Model It

Theme 4: Practice It

Learners must achieve:

- 16 mandatory units
- Total Guided Learning: 16 (hours)
- Total Qualified Time: 18(hours)

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Theme 1: Introduce It

Unit	Title	Goal	Recommended #of hours
1.1	Introducing growth mindset mean	Completing this unit you will be able to understand what is growth, mindset and growth+mindset mean.	45min
1.2	Explaining growth vs fixed mindset	Completing this unit you will be able to understand what is fixed mindset and how it affects your growth.	45min
1.3	What do you know about Brain and its growth?	Completing this unit you will be able to understand your brain and how it grows.	45min
1.4	Celebrating mistakes and understanding neuroplasticity	Completing this unit you will be able to understand the power of believing in yourself and your brain. How our mindset helps us look at problems and mistakes in a positive way.	45min
1.5	Optional: AV / Activity / Book review / Book Reading		30min

Theme 2: Notice It

Unit	Title	Goal	Recommended #of hours
2.1	Language Used in Fixed and Growth Mindset	Completing this unit you will be able to understand the phrases used in Fixed vs Growth mindset and its application in daily life.	45min
2.2	Using Growth mindset phrases visually	Completing this unit you will be able to understand how to use the growth mindset phrases visually	45min
2.3	Applying Growth mindset phrases	Completing this unit you will be able to understand how the growth mindset phrases look, feel and sound.	45min
2.4	Book review on Growth mindset	Completing this unit, you will be able to review a character and its feelings as they transition to growth mindset.	45min
2.5	Optional: AV / Activity / Book review / Book Reading		30min

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Theme 3: Model It

Unit	Title	Goal	Recommended #of hours
3.1	Being Open	Completing this unit you will be able to understand how to be open in discussing your feelings and challenges.	45min
3.2	Mindset and feelings	Completing this unit you will be able to understand how to change from negative to positive feelings.	45min
3.3	Learning something new	Completing this unit you will be able to set a goal for yourself and share your learning journey.	45min
3.4	Understanding YET	Completing this unit, you will be able to understand how not to give up until you get there.	45min
3.5	Optional: AV / Activity / Book review / Book Reading		30min

Theme 4: Practice It

Unit	Title	Goal	Recommended #of hours
4.1	Praise for perseverance	Completing this unit you will be able to understand how to connect positive results to effort and not ability.	45min
4.2	Practicing activities	In this unit you will be introduced to activities for practicing growth mindset.	45min
4.3	Activity to understand struggle	In this unit you will be performing activities to understand struggle.	45min
4.4	Challenge to Opportunity	Completing this unit you will be able to understand how to view challenges as opportunities	45min
4.5	Optional: AV / Activity / Book review / Book Reading		30min

Minimum Guided Learning Hours for the course: 16

Guided Learning hours- Number of hours needed for classroom sessions, homework and learning activities to completely understand the unit.

Assessment

To gain this qualification the learner will need to achieve the following:

All Units in this qualification are mandatory. Each unit will be internally assessed.
Final auditing of completed work across units will qualify the learner for the certification

Full achievement of the qualification will not be possible until **all** units are complete.

Career opportunities

Upon achievement of this qualification it is intended that learners will be able to confidently approach their daily challenges with a positive growth mindset and start seeing challenges as opportunities.

Learners can progress into various positive mindset programs based on their academic orientation and interests.

For more information

Full details of this qualification can be found on our website www.novak.co.in in our training zone.

We continually invest in high quality qualifications for the kids and youth. Written and developed by experts, helping millions of learners across the world to raise professional standards, earning us a reputation for excellence and leadership across the sector. Our continued dedication to industry means that our qualifications will continue to meet the needs of the current requirements.

