**Cynhadledd Fer: Ymgorffori Lles yn y Cwricwlwm**

**Mini Conference: Embedding Well-being in the Curriculum**

25 Mawrth | March 2021

# Crynoldebau / abstracts

**Building Resilience, Alison Pierse**

This presentation highlights a short 5 credit course drawing upon the resilience tactics from Carol Dweck’s educational research. I will explain how this highly reflective self-paced online course focusses on strategies to manage your well-being.

Carol Dweck states, ‘We found that student mindsets—how they perceive their abilities—played a key role in their motivation and achievement, and we found that if we changed students’ mindsets, we could boost their achievement. More precisely, students who believed their intelligence could be developed (a growth mindset) outperformed those who believed their intelligence was fixed (a fixed mindset). And when students learned through a structured program that they could “grow their brains” and increase their intellectual abilities, they did better’.

By helping yourself, you can better help your students. We will focus on building strategies to embrace change and keep a healthy mental state of mind. The module is designed for anyone who is embracing or adapting to new changes in employment and can also be filtered down to school children through families. Everyone gains. A chance to ask questions.