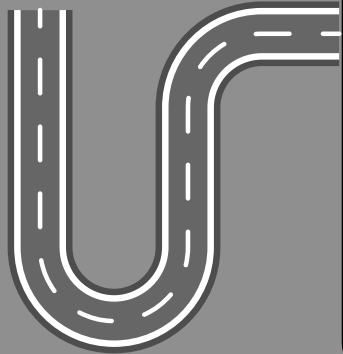


# GROWTH MINDSET ACROSS THE LIFESPAN

Learning  
Doesn't Stop  
With Childhood



## CHILDHOOD & ADOLESCENCE

### *Learning Begins With Uncertainty*

Learning includes curiosity, trial, and errors. Confusion, mistakes, and effort are natural parts of developing new skills and understanding. With time and support, learners discover that ability grows through practice, strategies, and persistence.



## ADULTHOOD

### *Adults Are Not Finished Products*

Learning in adulthood often comes with hesitation, self-doubt, or the fear of getting things wrong. These feelings are not signs of inability; they are signs of learning. Engaging with new ideas, skills, and challenges keeps learning active and adaptable.

## LATER LIFE

### *New Beginnings at Any Age*

Research shows that learning remains possible throughout life. The brain continues to change as we practise, reflect, and engage with new experiences. Being willing to be a beginner, even later in life, keep growth and curiosity alive.



Research shows that the brain remains capable of change across the lifespan, responding to learning, practice, and experience at any age.