



# Personal Challenges and Mindsets

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## How does believing in yourself change the way you overcome obstacles ?

### Descriptif :

In this chapter, students will explore how people face difficulties and grow from their experiences. Through videos, discussions, and writing activities, they will learn to talk about personal and professional challenges, express their emotions and values, and reflect on what helps them stay motivated. Second-year students will also discover the importance of having a growth mindset — believing that effort and perseverance can help you improve. By the end of this chapter, they will be able to share their own story of resilience and write a personal letter to themselves celebrating their progress.

"*That which does not kill us makes us stronger.*" (Friedrich Nietzsche) is our starting point to discuss this chapter about challenges and mindsets and the importance to keep our focus and determination whatever difficulties we may face in our life.

In the following document, you can find how I intend to work on this topic with 2nd year students in ATC Industrial Maintenance where three quarters of the class are involved in apprenticeship. Which implies to think about a different calendar.

 [bts-\\_personal\\_challenges\\_and\\_mindset-\\_sequence](#) (PDF de 89.9 ko)

Students will be facing one of the most uncomfortable period within a few months as exams will come into their way. They need to keep going and in good conditions, whether professional or personal. They have to keep on developing and improving skills.

 [bts-\\_personal\\_challenges\\_and\\_mindset-\\_competences](#) (PDF de 2.8 ko)

This chapter invites students to reflect on the role of mindset in overcoming personal and professional challenges. Through various activities and personal works, they will explore how emotions, values, and perseverance contribute to success. The goal is to help learners build self-awareness and confidence while developing their ability to communicate about real-life experiences in English.

 [bts-\\_personal\\_challenges\\_and\\_mindset-\\_seances](#) (PDF de 1.4 Mo)

In this last document, students may go further by watching many testimonies. And on my desk they can find and borrow Barry Finlay's Just Keep *Climbing*.

 [bts\\_-\\_personal\\_challenges\\_and\\_mindset-\\_testimonies](#) (PDF de 33.4 ko)

The cards from the game "My Value in Action" are not available here but may be shared. So feel free to send me an email at [Jennifer.Baudouin1@ac-poitiers.fr](mailto:Jennifer.Baudouin1@ac-poitiers.fr).