

WorldSkills UK Learning Lab

Mindset Masterclass - lesson guide

Adopting world-class practices from elite sport to get the best out of students and apprentices.



GREY MATTERS

SUITABLE FOR Students and apprentices from Level 2 – 4

Skills: independence, confidence, resilience and ability to navigate challenging situations.

Duration: 3.5 - 8 hours

Introduction

Mindset Masterclasses introduces a set of ten skills known as Psychological Characteristics of Developing Excellence (PCDEs). Each masterclass offers an introduction with insights from young people and educators across industry, sport, music, and dance who share their experiences, practices, and lessons to unpack the ten skills and how these can be used to cope in any situation whether at college, work, or everyday life.

Designed for students and apprentices working towards all technical and vocational specialisms from Level 2 - 4.

Learning outcomes

- learners will understand a range of techniques that positively support them in education, work, and life
- learners will learn how to better cope in high pressure settings
- learners will be more inspired and motivated to achieve their potential
- learners will develop invaluable transferable skills that will help them into employment.

Resources needed

1. Coaching Learners for High Performance CPD is useful place to support an educator's preparation
2. [Mindset Masterclass introduction flyer for learners](#)
3. Within each masterclass there are activities, videos, animations, and downloadable resources to support learners and can be used by educators too.
4. Flip chart paper, post it notes and pens

Length of programme

There are 10 interactive masterclasses which are approximately 15 mins each and six scenario-based assessments which are approximately 10 mins each. If delivering to a group, we anticipate a further 2 hours. So, the overall total is up to 8 hours – this is dependent on your delivery model.

Digital Credential

If a learner completes the programme of Mindset Masterclasses independently via the Learning Lab, they will receive a digital credential on completion of the full programme (10 masterclasses plus 6 scenario-based assessments).

Guidance for delivery

Educators will find Mindset Masterclasses offer the flexibility to be delivered in sessions across the curriculum, in small blocks or as weeklong programme of development, alternatively completing the programme independently will add more value to your learner's development.



Suitable for students and apprentices working towards all technical and vocational specialisms, and most valuable in a learner's preparation for assessment, pressure test, skills competition, or job interview. This material can also be adapted by the educators to support entry level 3+ learners.

The lesson plan is based on delivering to a small or large group and can be easily tailored to suit your planned delivery, and is suitable for:

- ✓ Large groups
- ✓ Small groups
- ✓ Tutorials
- ✓ Independent learning



Lesson guide

SECTION	TIMINGS*	KEY LEARNING AND DISCUSSION POINTS
Introduction	10 minutes	Share the Mindset Masterclass guide for learners to run through the format (depending on whether you will deliver this directly or encourage learners to complete independently).
Explore and discuss the Psychological Characteristics of Developing Excellence (PCDEs)	Up to 60 minutes	<p>Discuss with learners each PCDE and build understanding.</p> <ul style="list-style-type: none"> prepare a flip chart for each PCDE ask learners to write on post it notes examples of how they have demonstrated each of the ten PCDEs and place this on each flip chart. once complete, facilitate a discussion to review each PCDE and input from learners. <ol style="list-style-type: none"> Commitment - How well the learner or apprentice can commit to the focus and levels of effort needed for success. Focus and distraction control - This will help learners know what's important, knowing how to stay focus, and knowing what to do to both avoid and counter distractions. Realistic performance evaluation - The ability to accurately know what was good and not so good in a learner performance, plus the willingness to do something about it! Role clarity - The confidence to know what is needed/expected of a learner to be optimally effective at the role or job in hand. Self-regulation - In the simplest terms, being able to control the effects of pressure so that learners can perform well in different circumstances. Planning and self-organisation - The ability to organise learners to perform in any given situation, allowing for all the factors that need to be addressed for optimum performance. Goal setting and self-reward - Planning the steps needed to achieve a given target, organising learners to recognise and reward steps needed to achieve the longer-term goal. Quality practice - Helping learners understand what to do, and having the motivation to achieve, sufficiently high-quality practice to drive the desired outcome. Effective and controllable imagery - The ability to develop effective images which can be used to structure mental practice of a particular skill or goal for learners. Seeking and using social support - To provide guidance on the ability to build, then make use of, a network of friends, family, and stakeholders to support progress. Knowing who to ask, when (and when not!) and being able to make use of this advice to learners.
Delivery option 1 (recommended) - assign learning via the WorldSkills UK Learning Lab	3.5 hours	<p>Encourage learners to complete the Mindset Masterclass via the WorldSkills UK Learning Lab within a given period e.g., over a week, month, or term.</p> <p>This is our recommended delivery model so all learners who successfully complete all masterclasses will receive a digital credential for the Mindset Masterclasses.</p>
Delivery option 2 - classroom delivery	5 hours	Run through each masterclass with your group of learners using the WorldSkills UK Learning Lab to deliver the Mindset Masterclasses accessing the activities, videos, and scenarios via your main device. This will take longer as we encourage discussions, group or teamwork.
Delivery option 3 - assign specific masterclasses as part of independent study	Avg 15 minutes per masterclass	Assign each learner a masterclass you wish for them to develop further in e.g., self-regulation and effective and controllable imagery. Please note for learners to achieve a certificate and credential the full masterclass programme must be completed.
Evaluation and Reflection	Up to 60 minutes	<p>Discuss the key learning points as part of either their tutorial or group activity</p> <ul style="list-style-type: none"> discuss areas for further development explore what they will do differently.
Complete the evaluation form	5 minutes	<p>As part of continual process to ensure our resources and materials meet needs of educators and learners – please complete a short evaluation form:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>educators evaluation form</p> </div> <div style="text-align: center;">  <p>learners evaluation form</p> </div> </div>

*Timings are indicative and may take longer in group settings

If you have any questions or require support, please contact learninglab@worldskillsuk.org or call 0800 612 0742.