

# Session 2: Leading with Growth

The Oxford  
Character  
Project



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# Objectives

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# Objectives

1. Reflect on your Leading with Purpose challenge.
2. Explore your Growth Mindset.
3. Launch your Leading with Growth challenge.
4. \*Student Champions Discussion after session



# Purpose Challenge Reflection

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# Recap: Leading with Purpose



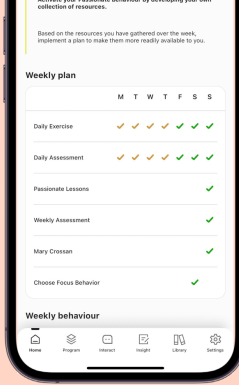
## PURPOSE CHALLENGE THE BULLSEYE

Use the bullseye and Virtuosity to practice leading with purpose.

## The perfect week

Share a photo of your Virtuosity home screen to show 7 days of practice in a row.

Or show us your own tracker and results if you aren't using the Virtuosity app.



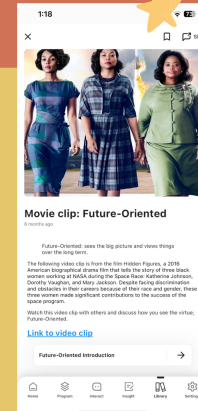
## Build a purpose music playlist

Put together a playlist that inspires you to lead with purpose.



## Be intentional

Let us know where you kept your bullseye so that you were reminded to reflect each day.

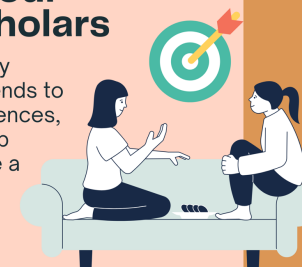


## Find your inspiration

Do movie night with your friends to share ideas about purpose. Look in Virtuosity for an extensive list of movies.

## Engage your fellow scholars

You can do weekly check-ins with friends to share your experiences, or even do a group bullseye to create a shared vision.



## Submit!

Deadline: Dec 4th @ 5:00 EST

Questions: [corey.crossan@politics.ox.ac.uk](mailto:corey.crossan@politics.ox.ac.uk)

Don't forget to submit for a chance to be **featured** under your university name. Let us know how you engaged with the challenge!



Scan or click to submit

# Challenge Reflection



# Leading with Growth

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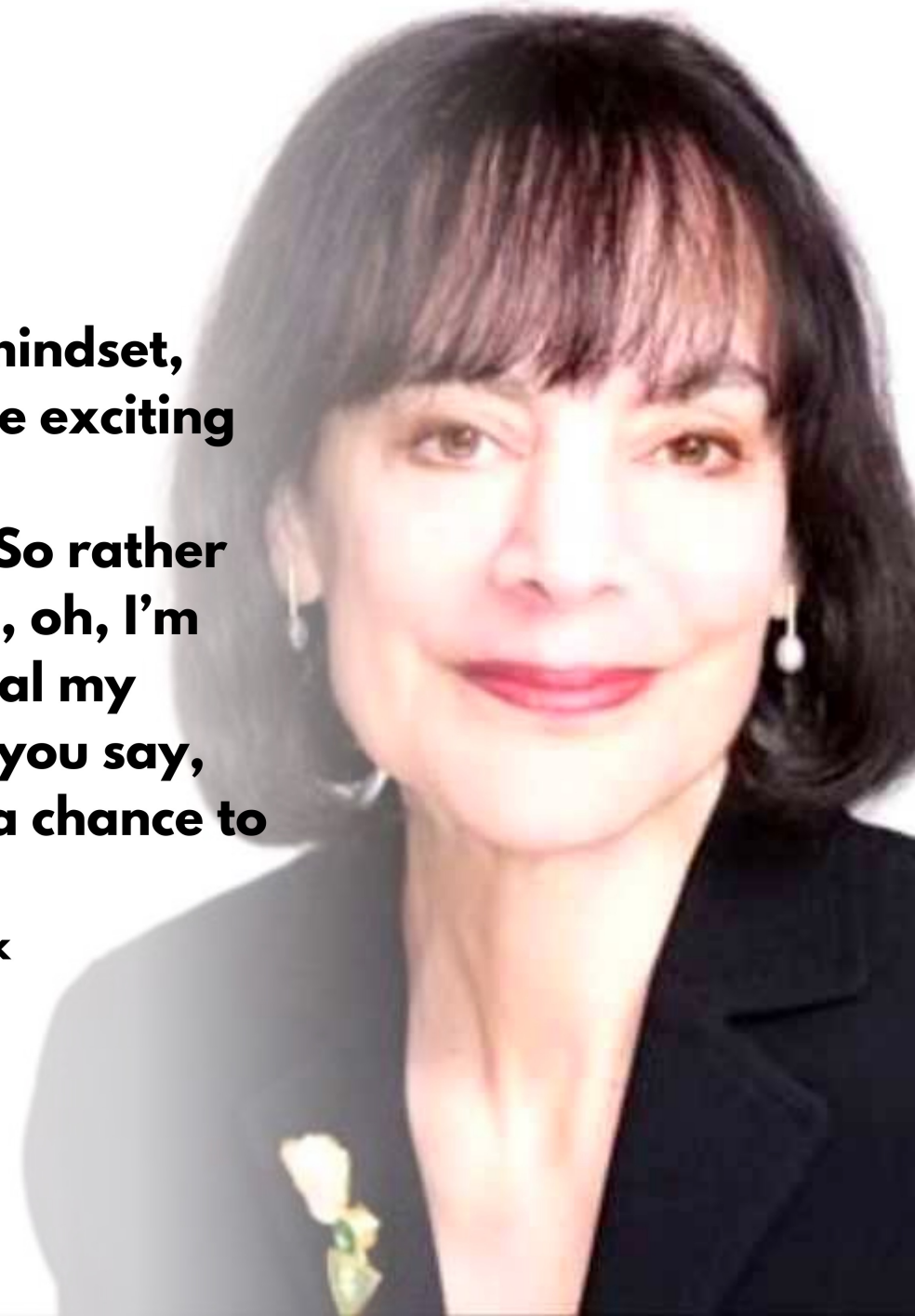


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# Leading with growth

**In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I'm going to reveal my weaknesses, you say, wow, here's a chance to grow.**

**- Dr Carol Dweck**





[Link to video: Michael Jordan – Growth Mindset](#)



Share

# THE LAST DANCE



## Film club: The Last Dance

6 months ago

[Watch 'The Last Dance' here](#)

'This docuseries chronicles the rise of superstar Michael Jordan and the 1990s Chicago Bulls, with unaired footage from an unforgettable 1997-98 season.' - Netflix

**Episode 1: 'Flashbacks chronicle Michael Jordan's college and early MBA days. The Bulls make a preseason trip to Paris amid tension with GM Jerry Krause.'**

### Prompt 1.1

At 9:54, Jordan comments on the decision-making process for the team's upcoming year - 'I thought it was unfair. I would never let someone who's not putting on a uniform and playing each and every day dictate what we do on the basketball court.' What voices do you think should be represented in their team's decision-making for the upcoming year? And how?



Home



Program



Interact



Insight



Library



Settings



# Virtues & Vices: Courage

Deficient Vice	Virtue	Excess Vice
Cowardice	Brave	Reckless
Unassured	Confident	Arrogant
Hesitant	Determined	Bull-headed
Fragile	Resilient	Overly-compensating
Yielding	Tenacious	Stubborn

Crossan & Crossan (2023)



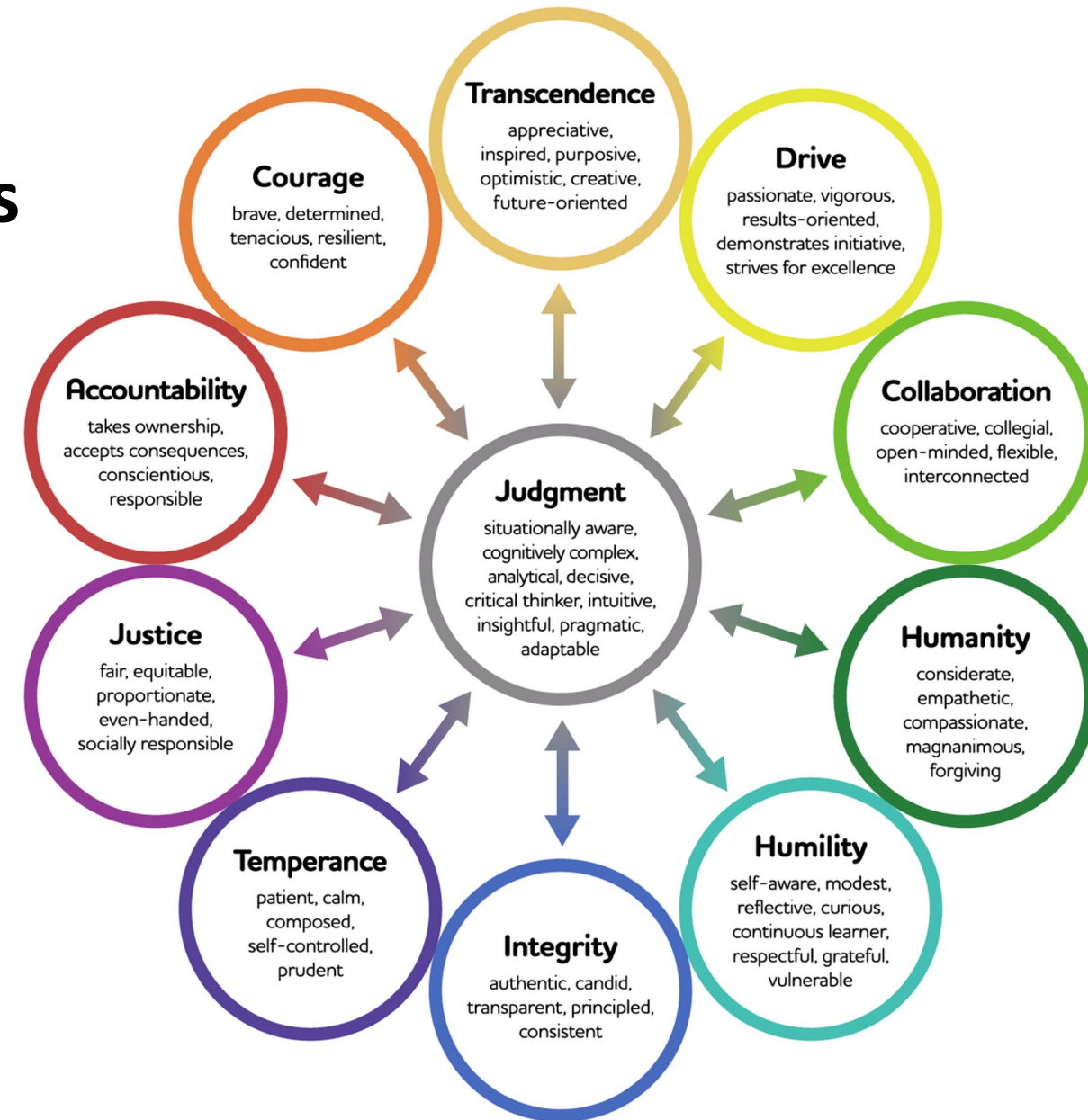
[Link to video: Pursuit of Happyness – Cold Calling](#)

# Virtues & Vices: Courage

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Crossan & Crossan (2023)

# Which character behaviours did Chris Gardner need to support his Courage?



# Growth Mindset Narratives

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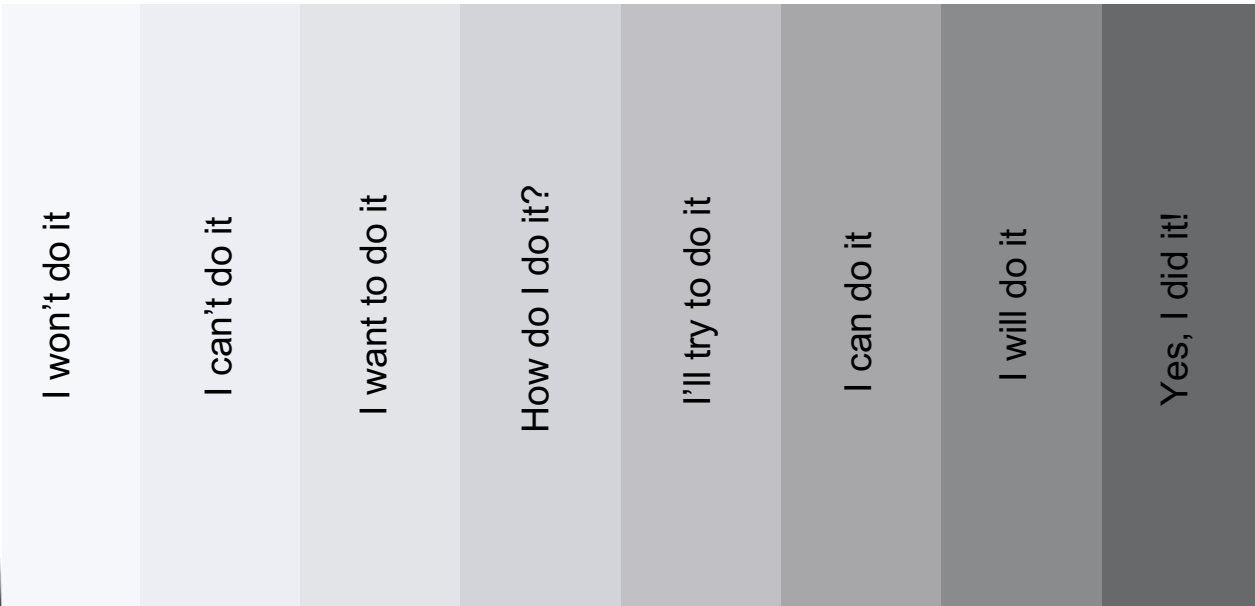
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**What are the scripts  
running your actions?**



# Cultivating a growth mindset





## Cultivating a growth mindset

### Interdisciplinary Topics

I don't care about other subjects

Other subjects are less important

I won't be curious

I should be curious

I can learn

I should learn

I am learning

Wow, this is really helpful

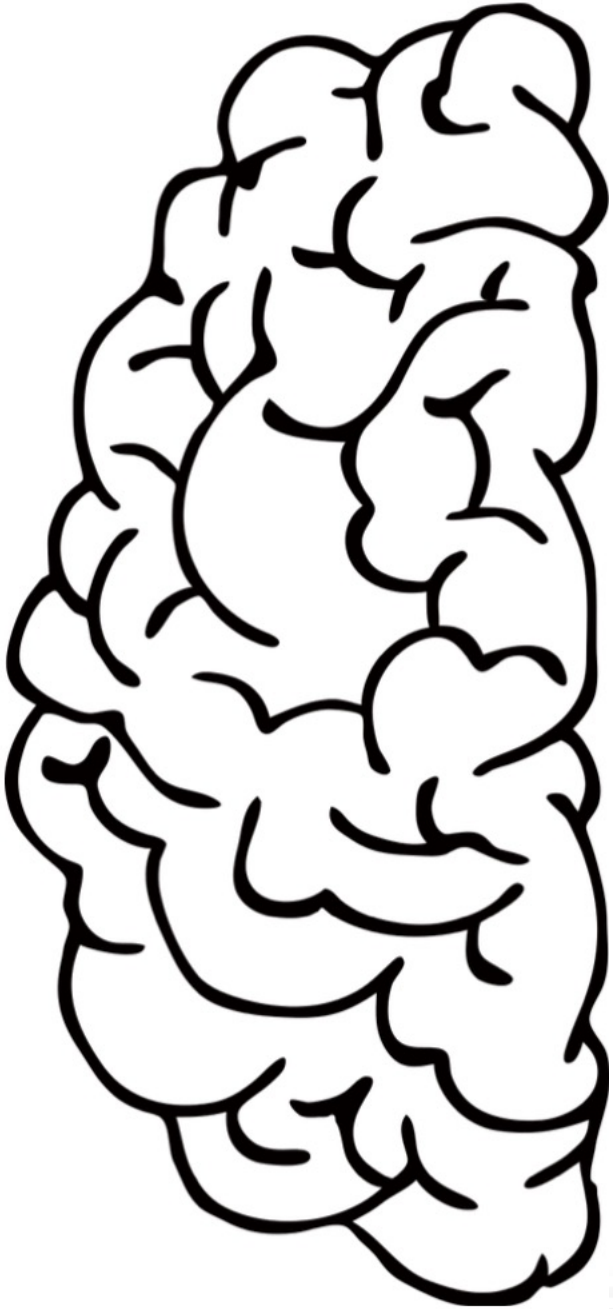


## Cultivating a growth mindset

**1. Identify 1-2 situations where you experience a fixed mindset.**

**2. Identify 1-2 situations where you experience a growth mindset.**

**3. Identify a time you transitioned from a fixed to a growth mindset.**



## Cultivating a growth mindset



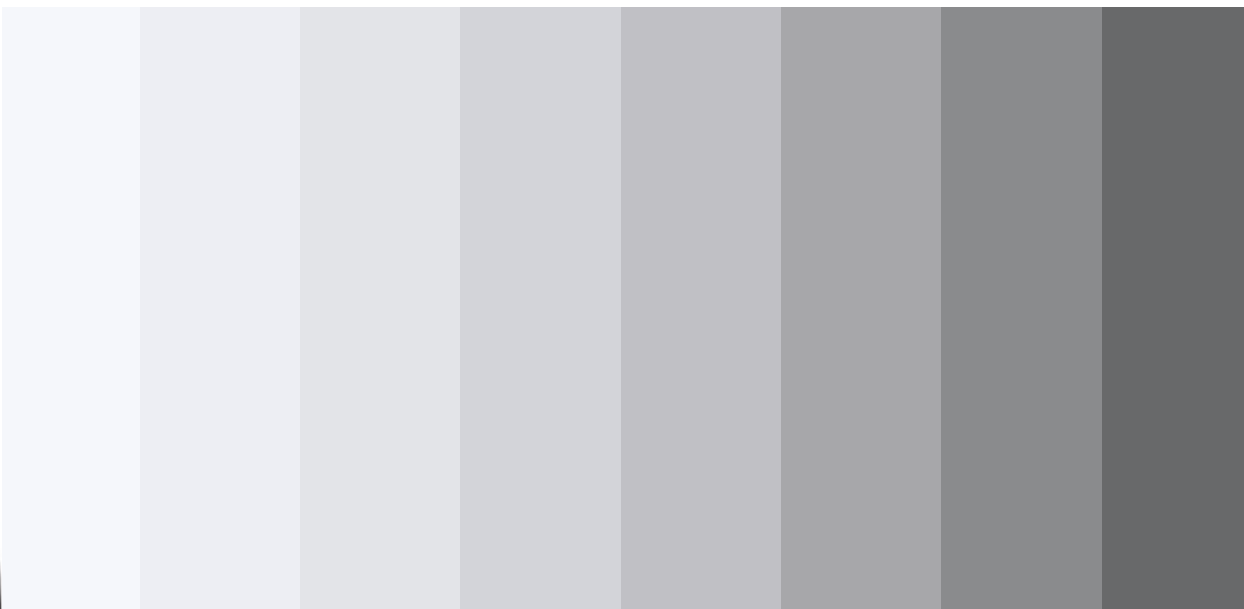
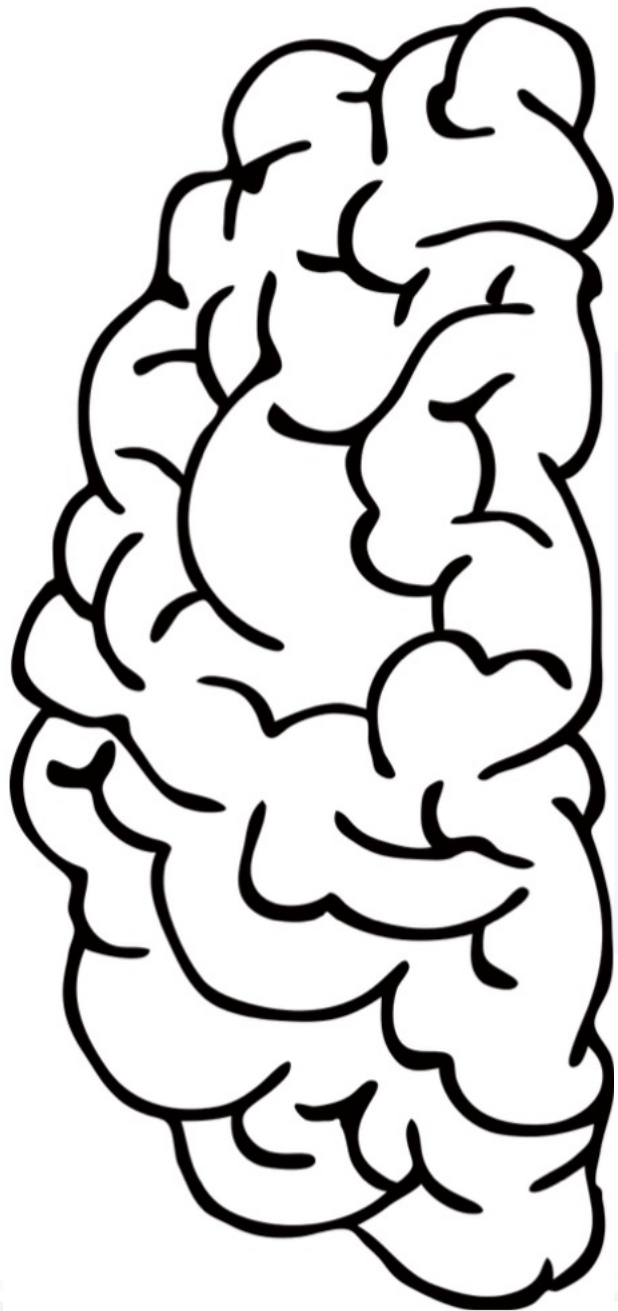
I hate running



**Start with your fixed mindset narrative.  
Then map out how your narrative needs to evolve.**



## Cultivating a growth mindset



Identify **ONE** character behaviour you can strengthen to support your growth mindset

# Challenge 2: Growth

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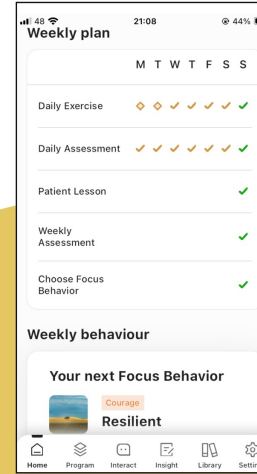
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# Purpose Challenge

We challenged our Laidlaw Scholars to practice Leading with Purpose. We are featuring three scholars from three different universities to showcase unique and creative ways of how purpose can be cultivated.



# Purpose Challenge



## Matthew Blakeney



“I’ve been working with the Virtuosy app to prompt my daily thoughts and perception of purposefulness. It has been a useful tool to inspire positive introspection.”

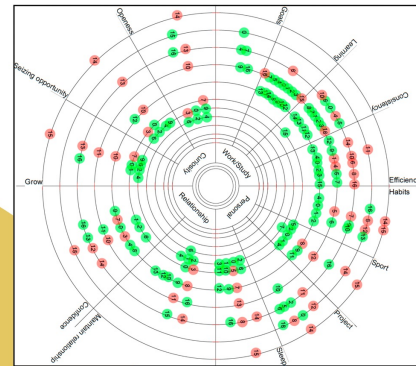


# Purpose Challenge



## Esteban Germann

“It doesn’t take long to do, and it has allowed me to have a more regular routine than writing, which takes up a lot more time at the end of the day. It’s a simple and effective way of taking stock of yourself and stepping back from the day or even the week.”



# Purpose Challenge



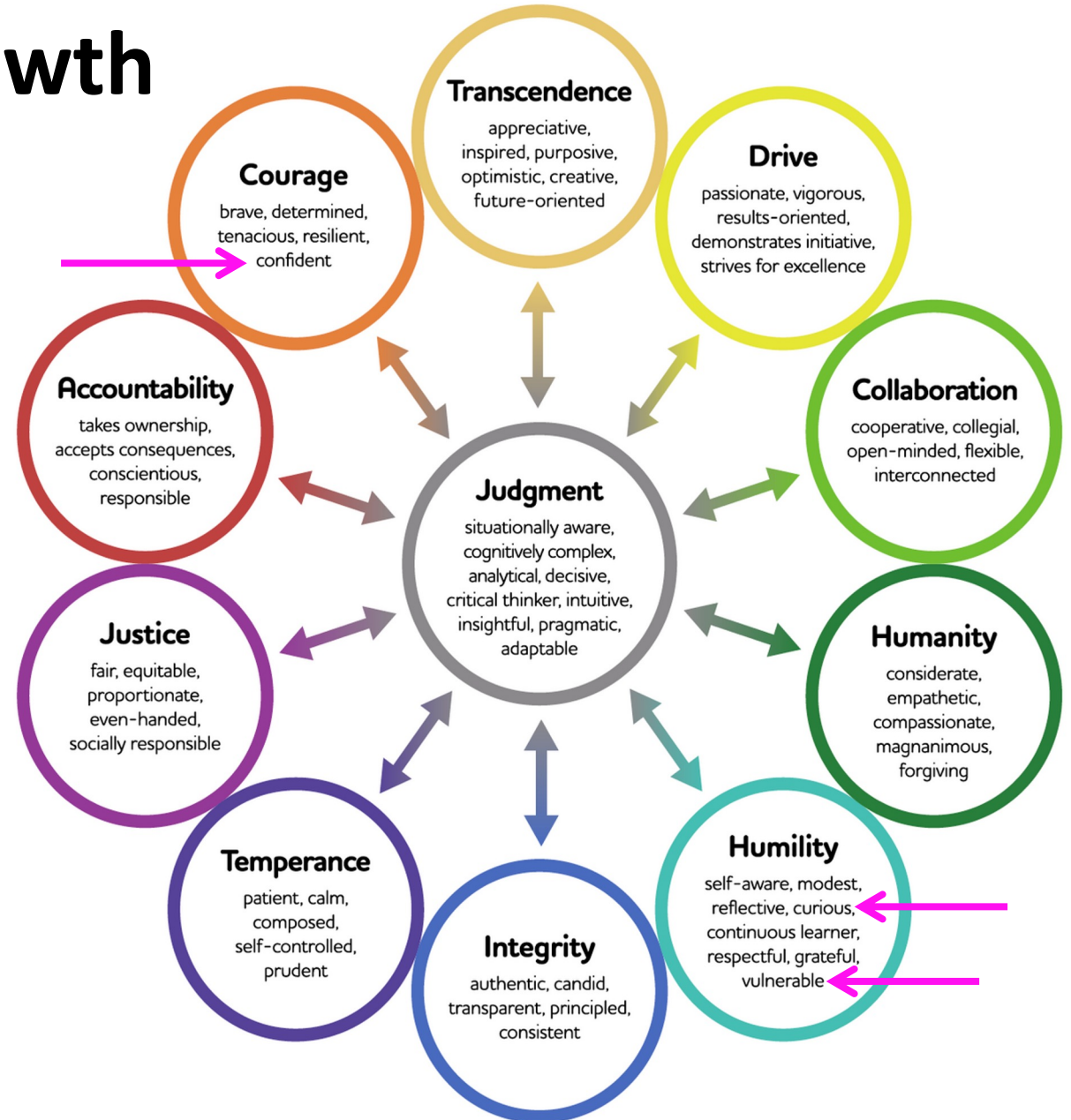
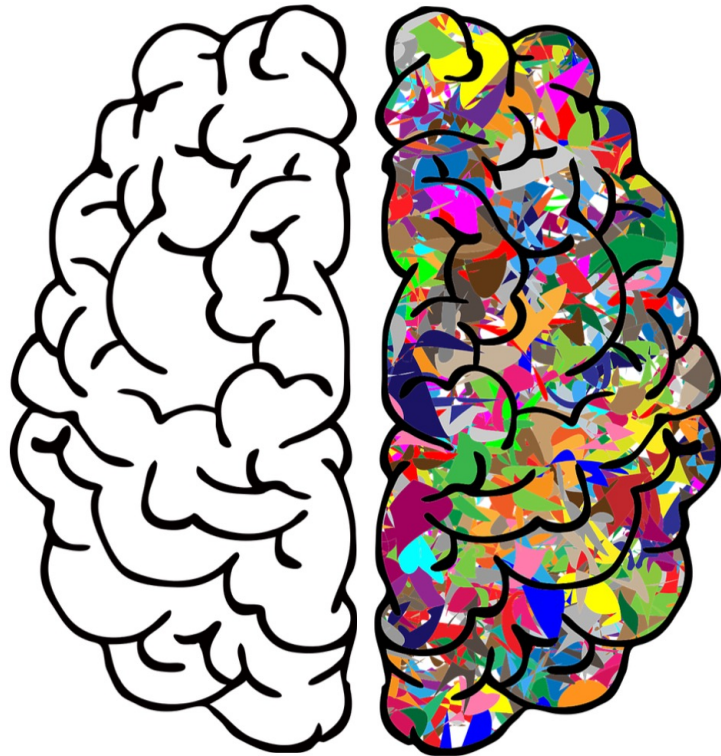
## Youness Robert-Tahiri

“I am really proud of myself for persevering and completing this challenge. Last Tuesday, I had forgotten to fill out the daily assessment questions on Virtuosy, and I felt annoyed. I had an impulse to stop my assessments for the rest of the week due to missing that one day. However, I noticed that I was, maybe ironically, veering into a vice related to purposiveness (i.e., rigidity). I became aware of my inflexibility and this helped me remain committed to this challenge for the rest of the week. There were further setbacks in terms of inconsistently using the bullseye that I had done on the first day, but I am still proud of myself. It is nearing the time of final exams at my school, so, in my opinion, the fact that I even participated to some capacity was more than enough. **I hope this inspires other scholars to not get so perfectionistic about these challenges, and that they are not alone if they have setbacks.** I still feel that I got a lot out of this challenge with the amount that I was able to put into it.”



# Challenge 2: Leading for Growth



Cultivate a growth mindset by strengthening your chosen character behaviour.





# Week 1

9:41 📶 🔋

 **Continuous Learner**   
Part of Humility

**Level 1 • Discover Stage**

Week: Jan 22 - 28, 2024

100% You have 1 task for today  
**View Today's tasks** >

## Daily exercise

*Discover* what Continuous Learner behaviour looks like (and doesn't look like) by observing your own behaviours and the behaviours of others.



Identify 1-2 times you demonstrated the virtue; Continuous Learner.

## Weekly plan

	M	T	W	T	F	S	S
Daily Exercise	🟩	🟨	🔴	🟨	🟨	🟩	🟩
Daily Assessment	🟩	🟨	🟨	🟨	🟨	🟩	🟩
Continuous Learner Lesson					🟩		

# Week 2

9:41 📶 🔋

 **Continuous Learner**   
Part of Humility

**Level 2 • Activate Stage**

Week: Jan 29 - 4, 2024

100% You have 1 task for today  
**View Today's tasks** >

## Daily exercise

*Activate* your Continuous Learner behaviour by developing your own collection or resources.



Find and listen to a song that activates your Continuous Learner behaviour or checkout our playlist: [Humility music playlist](#).

## Weekly plan

	M	T	W	T	F	S	S
Daily Exercise	🟩	🟨	🔴	🟨	🟨	🟩	🟩
Daily Assessment	🟩	🟨	🟨	🟨	🟨	🟩	🟩
Continuous Learner Lesson					🟩		

# Week 3

9:41 📶 🔋

 **Continuous Learner**   
Part of Humility

**Level 3 • Strengthen Stage**

Week: Feb 5 - 11, 2024

100% You have 1 task for today  
**View Today's tasks** >

## Daily exercise

*Strengthen* your Continuous Learner behaviour by seizing more opportunities to learn each day this week.



Try creating a new meal for dinner tonight.

## Weekly plan

	M	T	W	T	F	S	S
Daily Exercise	🟩	🟨	🔴	🟨	🟨	🟩	🟩
Daily Assessment	🟩	🟨	🟨	🟨	🟨	🟩	🟩
Continuous Learner Lesson					🟩		
Weekly Self-Assessment							🟩

# Week 4

9:41 📶 🔋

 **Continuous Learner**   
Part of Humility

**Level 4 • Connect Stage**

Week: Feb 12 - 18, 2024

100% You have 1 task for today  
**View Today's tasks** >

## Daily exercise

*Connect* other behaviours needed to support your Continuous Learner exercise.

Try creating a new meal for dinner tonight.

## Weekly plan

	M	T	W	T	F	S	S
Daily Exercise	🟩	🟨	🔴	🟨	🟨	🟩	🟩
Daily Assessment	🟩	🟨	🟨	🟨	🟨	🟩	🟩
Continuous Learner Lesson					🟩		
Weekly Self-Assessment							🟩

# Choose your focus behaviour



Video: choose focus behaviour

12:48 📶 🔋 53

**Compassionate**  
Part of Humanity  
Level 2 • Activate Stage 🔔

Week: Jan 15 - 22, 2024

0% You have 1 tasks for today  
[View Today's tasks](#)

### Daily Exercise

*Activate your Compassionate behaviour by developing your own collection of resources.*

Find and display (somewhere you see a few times a day) a photo or image that activates your Compassionate behaviour or refer to the one we have provided in your Program page.

### Weekly plan

	M	T	W	T	F	S	S
Daily Exercise	✓	●	●	●	●	●	●
Daily Assessment	✓	●	●	●	●	●	●
Compassionate Lesson	✓						

Home Program Interact Insight Library Settings

# Additional Options



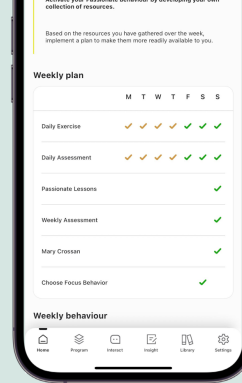
## GROWTH CHALLENGE

Use the Fixed vs. Growth mindset diagram and Virtuosity to practice leading with growth.

## The perfect week

Share a photo of your Virtuosity home screen to show 7 days of practice in a row.

Or show us your own tracker and results if you aren't using the Virtuosity app.



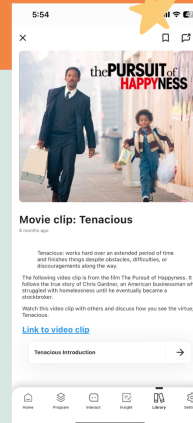
## Build a growth music playlist

Put together a playlist that inspires you to lead with growth.



## Set a reminder

Place your growth mindset scale in a place that you will see it so you remember to use it, or consider setting alarms as reminders for your character challenge.



## Find your inspiration

Do movie night with your friends that inspires your growth. Look in Virtuosity for an extensive list of movies.

## Ask a friend

Setup chats with friends to learn about how they have cultivated personal growth.



## Submit!

Deadline: Jan 29th @ 5:00 EST

Questions: [corey.crossan@politics.ox.ac.uk](mailto:corey.crossan@politics.ox.ac.uk)

Don't forget to submit for a chance to be featured under your university name. Let us know how you engaged with the challenge!

Scan or click to submit



# Discussion

Which behaviour did you choose and why?

If you have time, share ideas about how you will tackle the challenge.



Corey's Virtuosity Vlog



# Student Champions Discussion

Corey Crossan, [corey.crossan@politics.ox.ac.uk](mailto:corey.crossan@politics.ox.ac.uk)  
Anjali Sarker, [anjali.sarker@politics.ox.ac.uk](mailto:anjali.sarker@politics.ox.ac.uk)

