



What is Growth Mindset?

It is a term developed by Professor Carol Dwek at Stanford University as a result of research into what motivates us to learn. She created a simple way of enabling us to understand GM: **the fixed and growth mindsets.**

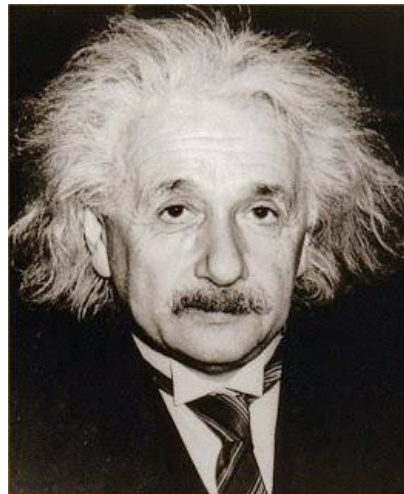
Fixed mindset - People believe they are born with a certain amount of intelligence and that is that for the rest of their lives.

Growth mindset – People know that intelligence is not fixed and that you can ‘grow’ your intelligence.

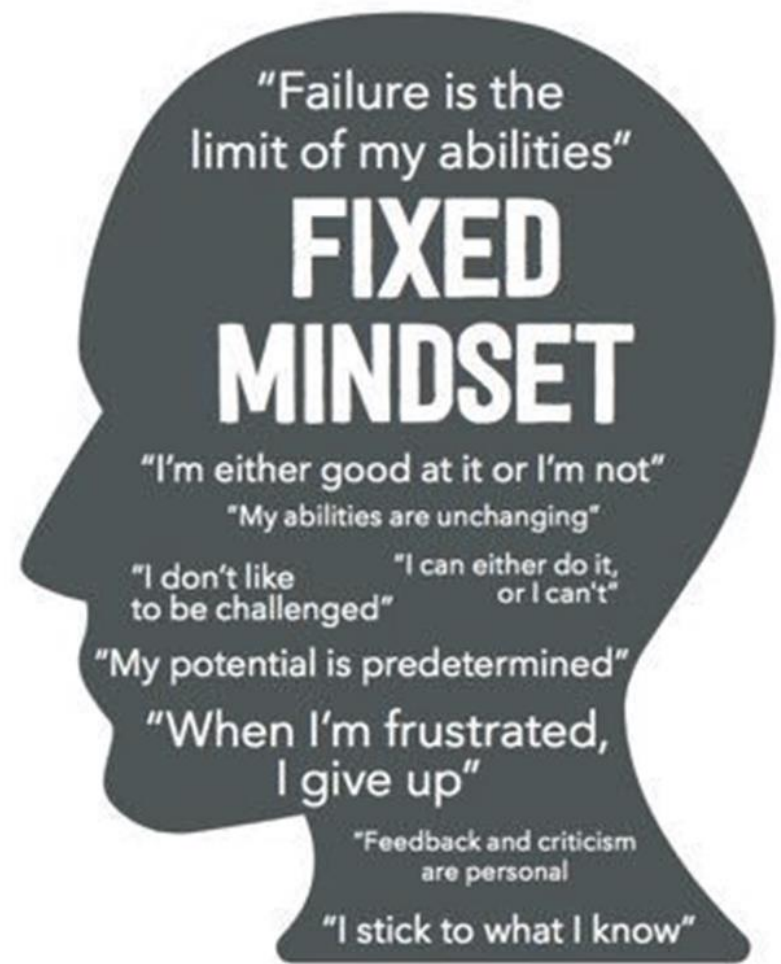
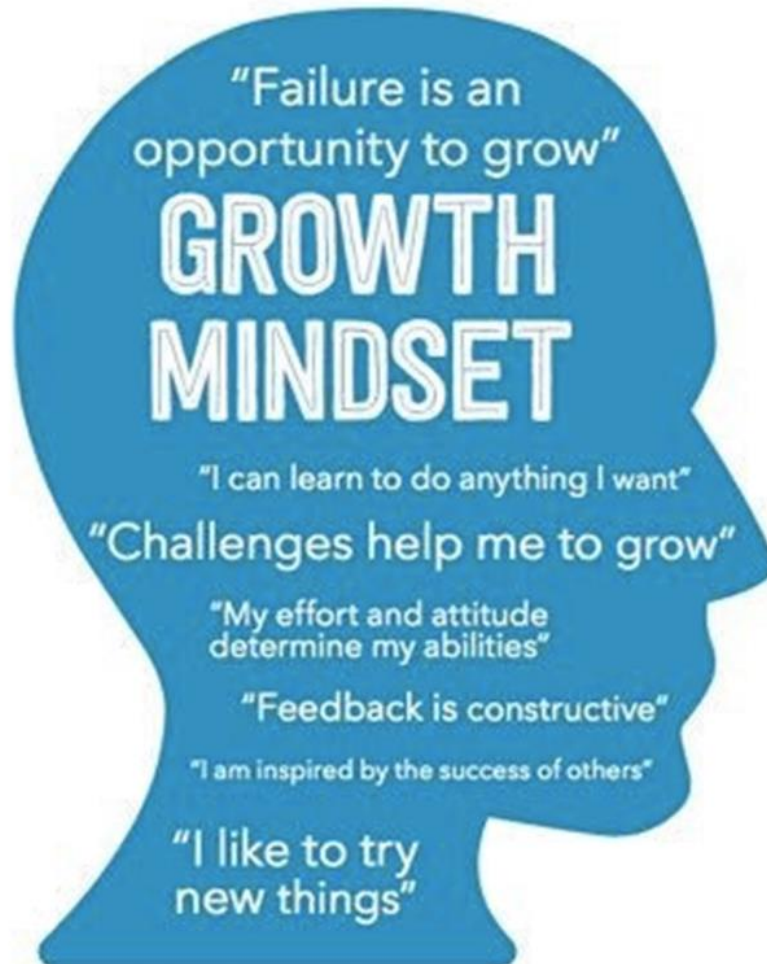
“Inside the cortex of the brain are billions of tiny nerve cells, called neurons. The nerve cells have branches connecting them to other cells in a complicated network. Communication between these brain cells is what allows us to think and solve problems.

When you learn new things, these tiny connections in the brain actually multiply and get stronger. The more that you challenge your mind to learn, the more your cells grow. Then, things that you once found very hard or even impossible to do seem to become easy. The result is a stronger, smarter brain.”

People embrace fixed or growth mindsets about all of their qualities not just intelligence. Many people believe that our other qualities – creativity, artistic ability, athleticism, personality etc are qualities with which we were born. However, Carol Dweck asserts that any and all of these qualities can be cultivated.



When do you feel smart?



What about you?

	Fixed	Mixed	Growth
Taking on challenges	You don't really take on challenges on your own. You feel that challenges are to be avoided.	You might take on challenges when you have some previous experience with success in a related challenge.	You look forward to the next challenge and have long range plans for new challenges.
Taking risks	You do not take risks, and if something is too hard you don't engage with the task.	You will take risks if the task is already fairly familiar to you. If not, you will resort to copying or giving in partially completed work.	You begin tasks confidently, risk making errors and openly share the work you produce.

Fixed or Growth?



Why Growth Mindset?

Children need to be prepared for an ever-changing world. The teaching of mindsets builds resilience and a desire to learn, to challenge themselves and to encourage others.

Embedding growth mindsets raises standards, builds resilience and creates a culture of collaborative learning.



What's the big deal?

Fixed mindset thinking results in:

- A false sense of superiority, undermined by a deep sense of self-doubt
- A fear of failure and a refusal to take risks
- A feeling that failure permanently defines you as a loser
- A need to prove yourself again and again
- The belief that only untalented people have to work for success and that effort somehow reduces you
- A desire to blame others or outside circumstances when things don't go your way

What's the big deal?

Growth mindset thinking results in:

- A love for learning and self-improvement
- A desire to be challenged
- A willingness to work for positive results
- A need to prove yourself again and again
- The belief that you can control the outcomes in your life with effort and practice
- The ability to learn from mistakes and failures
- Emotional resilience

The Iceberg Illusion

Success
is an
iceberg

SUCCESS!

WHAT PEOPLE
SEE

Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE
DON'T SEE

Dedication



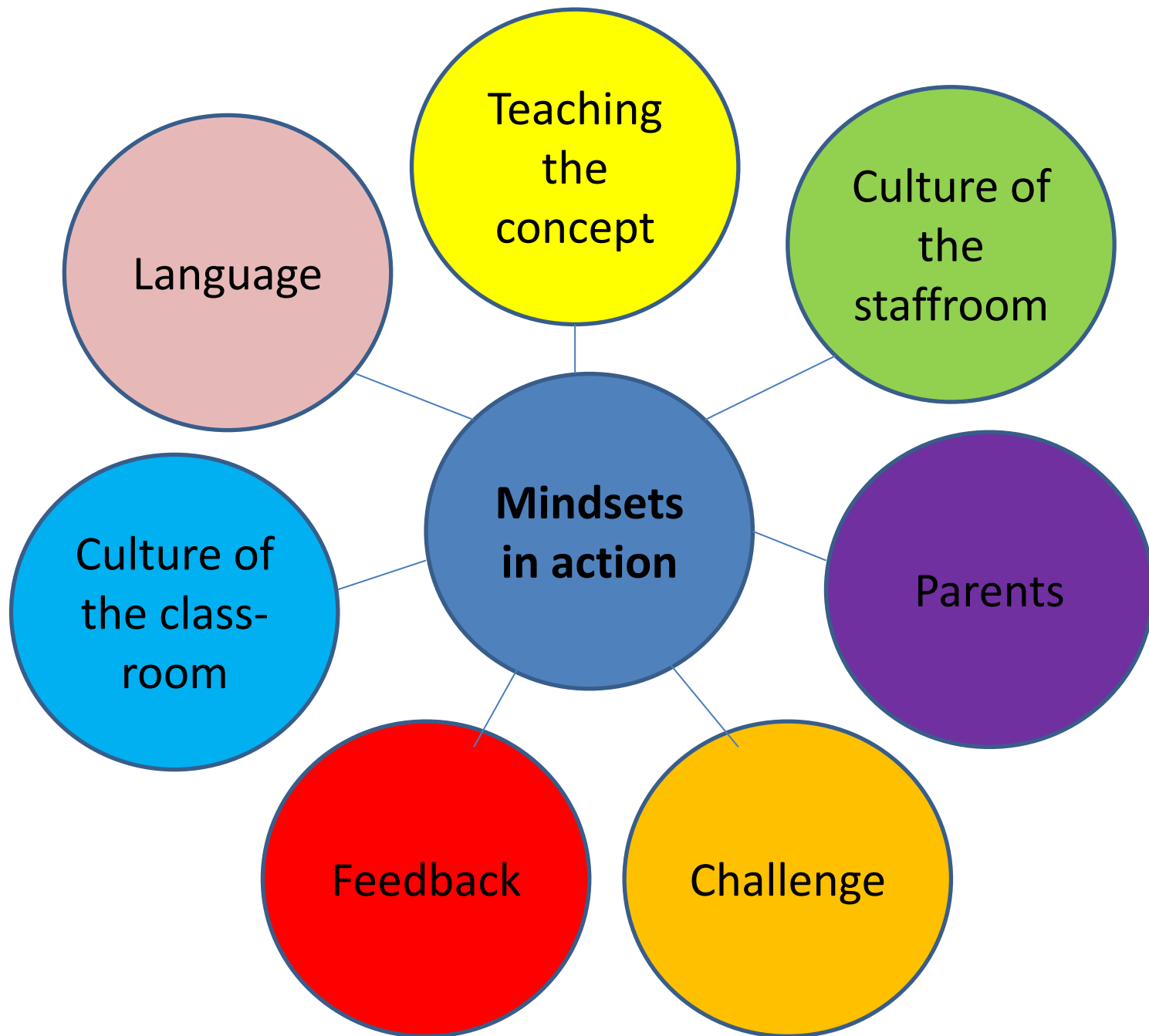
Hard work



Good habits



@sylviaaduckworth



The power of...

...yet!

I CAN...

INSTEAD OF:

I'm not good at this.

I give up.



It's good enough.

I can't make this any better.

This is too hard.

I made a mistake.



I just can't do this.

I'll never be that smart.

Plan A didn't work.

My friend can do it.

Sometimes I need to

STOP

and

THINK

I haven't got this...



YET!

TRY THINKING :

What am I missing?

I'll use a different strategy.

Is this really my best work?

I can always improve.

This may take some time.

Mistakes make me learn.

I am going to train my brain.

I will learn how to do this.

There's always Plan B.

I'll learn from.



“I’m a mistak artist”

- If a child believes intelligence, talent and ability are fixed then it is more likely they will perceive mistakes and failure in a negative light. Which means they will be less likely to persist. Persisting involves making mistakes.
- When learning something new it is inevitable that we will make mistakes. The mistakes we make give us access to information. We can use this information to change what we do and how we think = learning!
- As the culture of the classroom shifts and children become more open and honest about their learning, fantastic opportunities arise to use mistakes as part of the learning journey.

Feedback and Praise

Praising children's intelligence puts them in a fixed mindset

Parent:



**Fabulous! You
are amazing!**

Child:



**I'LL ALWAYS
need praise**

How do you respond...?

- When a child succeeds?
- When a child fails?



Messages children hear

- Parent says: *“You learned that so quickly! You are so clever!”*
- Child hears: *“If I don’t learn something quickly, I’m not clever!”*

Messages children hear

- Parent says: *“You’re so brilliant, you got it all right.”*
- Child hears: *“You’re only pleased with me when I get things right”*

Praise

- Praise effort rather than ability
- Encourage children to see learning as a process that is more valuable than the end results
- Model how to give feedback to the children as this will provide them with a structure to work with
- Identify challenges for children and ask them to identify their own challenges

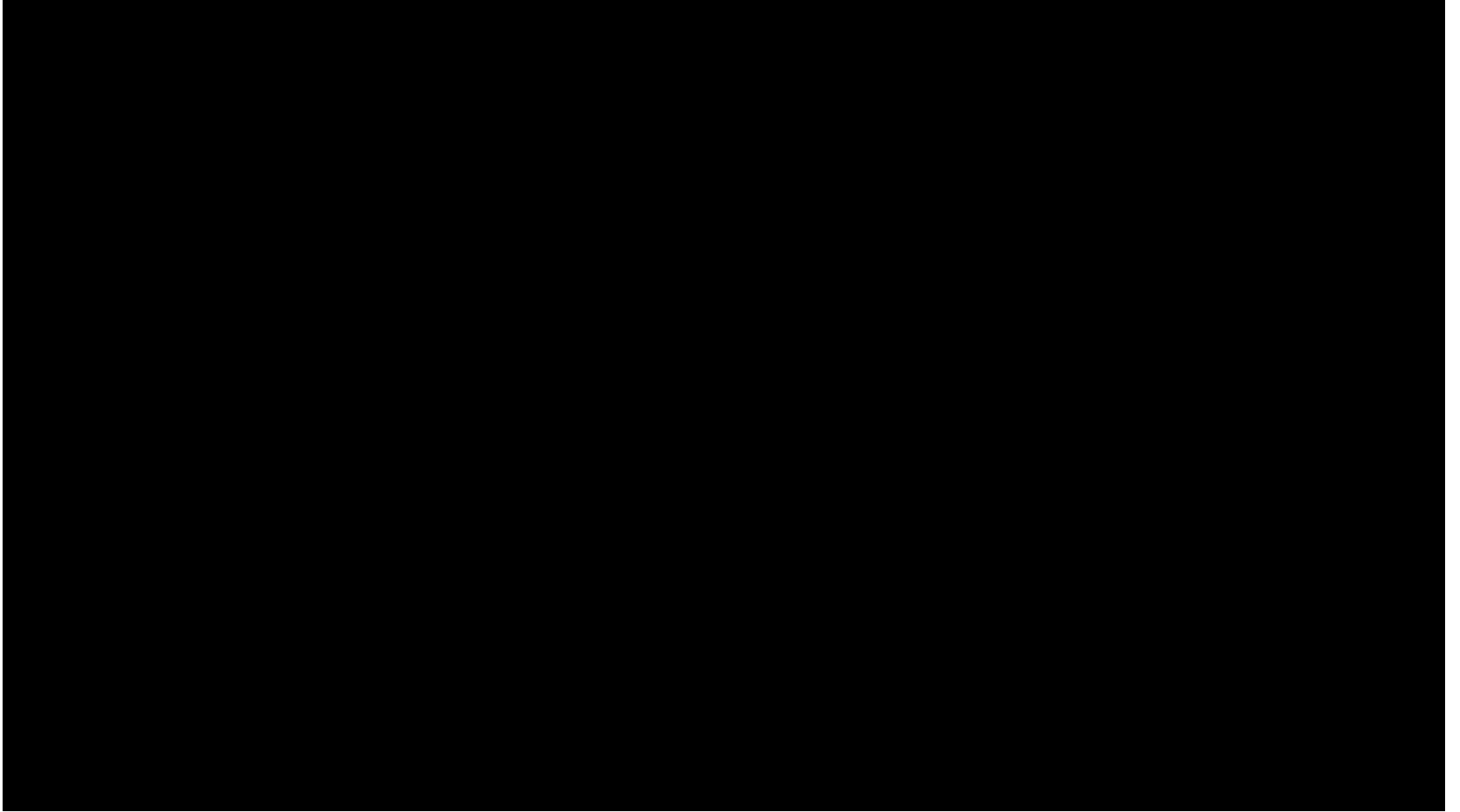
Our mindset curriculum

Our mindset curriculum is designed to develop:

- Resilience
- A desire to be challenged
- The quality of talk within the classroom
- Independent learners
- Strategies to success

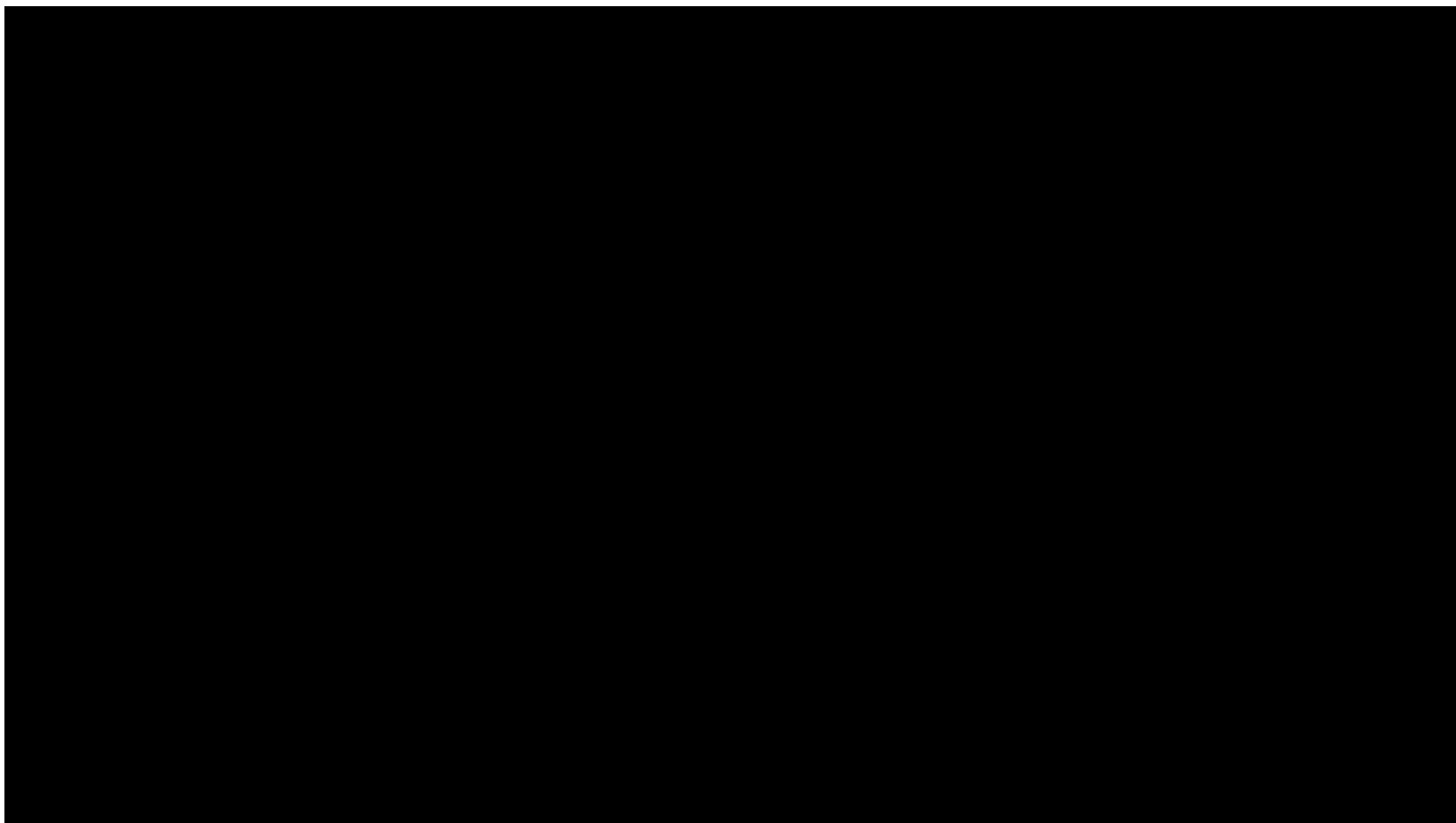


Right now



How can you support your child?

- Model your own growth mindset and discuss things you find challenging
- Model making mistakes
- Praise their hard work and process rather than the final outcome
- Praise them when they think for themselves, work well in teams and change their minds after thinking something through
- Accept that failure is a really important part of learning
- Encourage them to challenge themselves in their learning



Useful links

- <http://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things>
- <https://www.mindsetkit.org/growth-mindset-parents>
- <http://www.bbc.co.uk/news/magazine-13128701>
- <https://www.youtube.com/watch?v=2zrtHt3bBmQ>

Resources for home

Books:

- *I Can Be Anything* – Jerry Spinelli
- *Someday* – Eileen Spinelli
- *You Be You* – Linda Kranz
- *Making a Splash* – Carol E. Reiley

App:

- My Fantastic Elastic Brain