

Developing a growth mindset culture in school

Quiz – numer the boxes 0-3

Ctrl+N	Strongly Agree	Agree	Disagree	Strongly Disagree
1. ability mindset – fixed	0	1	2	3
2. ability mindset – growth	3	2	1	0
3. ability mindset – growth	3	2	1	0
4. personality/character mindset – fixed	0	1	2	3
5. personality/character mindset – growth	3	2	1	0
6. ability mindset – growth	3	2	1	0
7. ability mindset – fixed	0	1	2	3
8. ability mindset – fixed	0	1	2	3
9. ability mindset – growth	3	2	1	0
10. personality/character mindset - growth	3	2	1	0
11. ability mindset – fixed	0	1	2	3
12. personality/character mindset – fixed	0	1	2	3
13. ability mindset –growth	3	2	1	0
14. ability mindset – fixed	0	1	2	3
15. ability mindset – growth	3	2	1	0
16. ability mindset – fixed	0	1	2	3
17. personality/character mindset – fixed	0	1	2	3
18. personality/character mindset –growth	3	2	1	0
19. ability mindset – growth	3	2	1	0
20. ability mindset – fixed	0	1	2	3
Total				
Grand Total				

https://www.youtube.com/watch?v=KUWn_TJTrnU

What is growth mindset?

- Carol Dweck – a Professor of Psychology
- Growth mindset – about cognition – about enjoying learning and being successful as a learner.



Teach your children
that strength doesn't
come from what
you CAN do. It
comes from
overcoming
the things you
once thought
you COULDN'T.



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Why Growth Mindset?

- ▣ In order to develop the children as learners we must look at their mindsets.
- ▣ Teach children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.
- ▣ It has been proven that having a growth mindset can improve children's progress and attainment. As a result, we are teaching our children that by having a growth mindset they can grow their brains and intelligence and achieve anything they want!

What are we doing to promote Growth Mindset?

- ▣ Age appropriate teaching about the brain, how it works and what a growth mindset is.
- ▣ Teaching of strategies to enable independent learning.
- ▣ Planning lessons which allow for choice and challenge.
- ▣ Classroom displays.
- ▣ Modelling growth mindset language.
- ▣ Use of stories to introduce and discuss growth mindset.
- ▣ Gerald Awards and certificates to reward children who demonstrate a growth mindset in their learning.

Growth Mindset Language

What can I say to myself?

Instead of:

I'm not that good at this.

This is too easy.

I give up.

This is too hard.

I can't make this better.

I've got it wrong.

It's good enough.

I'm great at this.

Try thinking:

I am not good at this yet.

How can I challenge myself?

I'll try it in a different way.

I am learning and challenging myself.

I can always improve so I'll keep trying.

I can learn from my mistake.

Is it really my best work?

My effort is paying off.

Your brain is like a muscle

- When you train your muscle, the muscles will train based on the amount of EFFORT you put into making that change.
- This is proven to be the same with your brain.

THE MORE EFFORT YOU PUT
INTO YOUR LEARNING, YOUR
BRAIN WILL CHANGE



Black cab taxi training in London

How long do you think it takes to become a black cab taxi driver in London?

3 years

Taxi drivers need to be able to work out alternative routes mentally throughout the City to avoid excessive congestion.

The training was tested.

A driver's brain development

Increased by 30% from the start to the end of the training.



We all have a mindset

Growth Mindset

**Intelligence
and talent can
go up or down**

Fixed Mindset

**You think that
intelligence
and talent are
fixed a birth**

Many of us have a fixed mindset in some experiences and subjects and a growth mindset in others

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

*A Growth mindset
begins with us all –
what do we do when
things become
difficult?*



Growth mindset focuses on a LEARNING GOAL

- Students want to find out more
- They want to play to the best of their abilities
- It's about the PROCESS rather than the END GOAL

Fixed mindset focuses on PERFORMANCE GOALS

- Will aim for a particular goal
- Will either achieve the goal or they won't
- Increased anxiety and frustration

Promoting learning goals

- We all need to think about the process of learning and what is needed to master new things.
- This year, in all aspects of the curriculum, is about developing:-
 - **PERISTENCE**
 - **TRYING OUT DIFFERENT STRATEGIES**
 - **REPETITION**
 - **MAKING MISTAKES**
 - learning from **TRIAL & ERROR**

Where do we start?

- School community to develop a language that regularly promotes a growth mindset
- Displays around school that promote a growth mindset
- Inspire using stories
- Mental contrasting
- Marvellous mistakes
- Trial and improvement
- Pay attention to working memory
- Modelling, Prompting and Clueing
- Editing and more editing
- Engaging parents with growth mindset

Giving children growth mindset language

Effort

Challenge

Perseverance

Thinking

Learning

Feedback

Decisions

Challenge

Mistakes

Determination

Good mistakes

Grit

Useful failure

Growth

Trial and improvement

Thinking and Thinking

Reflection

Persistence

Resilience

Process

Which 5 words could we use at home to develop a growth mindset? Discuss.

The Learning Pit



Good learners go into the PIT!

To reach a higher level of understanding,
you must conquer.....

"the pit"

0 zero understanding

2 understand a little bit

4 understand some of it

5

6 mostly understand

8 almost there...

10 I understand!

Nine-year-old Libby was on her way to her first gymnastics competition. She was a little nervous about competing but she was good at gymnastics, really loved it and felt confident about doing well. She had even thought about the perfect place in her room to place the trophy she would win.

In the first event, the floor exercises, Libby went first. Although she did a good job, after the next few girls had performed she slid down the scoring table.

Libby also did well in the other events, but not well enough to win. By the end of the evening, she had received no trophies and was devastated.

What would you do if you were Libby's parents?

1. Tell Libby that you thought she was the best.
2. Tell her she was robbed of a trophy that was rightfully hers.
3. Re-assure her that gymnastics is not that important.
4. Tell her that she has the ability and will surely win next time
5. Tell her that she didn't deserve to win.

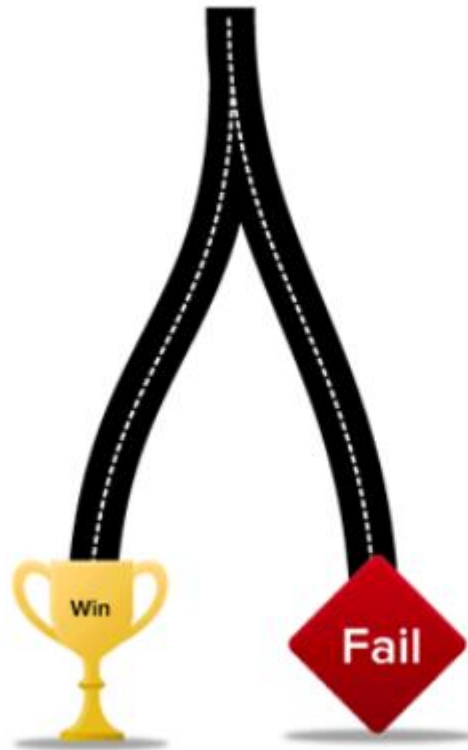
Here's what he actually said:

“Libby, I know how you feel. It's so disappointing to have your hopes up and to perform your best but not to win. But you know, you haven't really earned it yet. There were many girls there who have been in gymnastics longer than you and who've worked a lot harder than you. If this is something you really want, then it's something you'll really have to work for.”

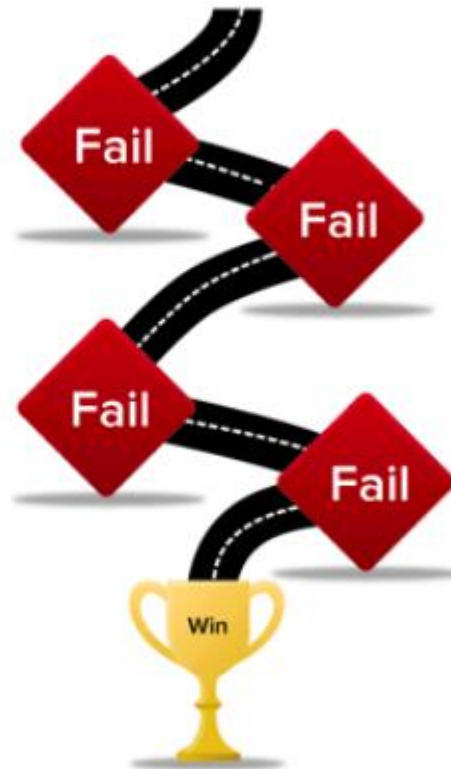
He also let Libby know that if she wanted to do gymnastics purely for fun, that was just fine. But if she wanted to excel in the competitions, more was required and that she should ask her coaches for guidance. Libby took this to heart, spending much more time repeating and perfecting her routines, especially the ones she was weakest in. At the next meeting there were eighty girls from all over the area. Libby won five medals for the individual events and was the overall champion of the competition, for which she received a large trophy.

In essence, her father had not only told her the truth, but also taught her how to learn from her failures, to do what it takes to succeed in the future and where to seek help to improve. He sympathised deeply with her disappointment, but he did not give her a phoney boost that would only lead to further disappointment.

What Most People Think



What Successful People Know



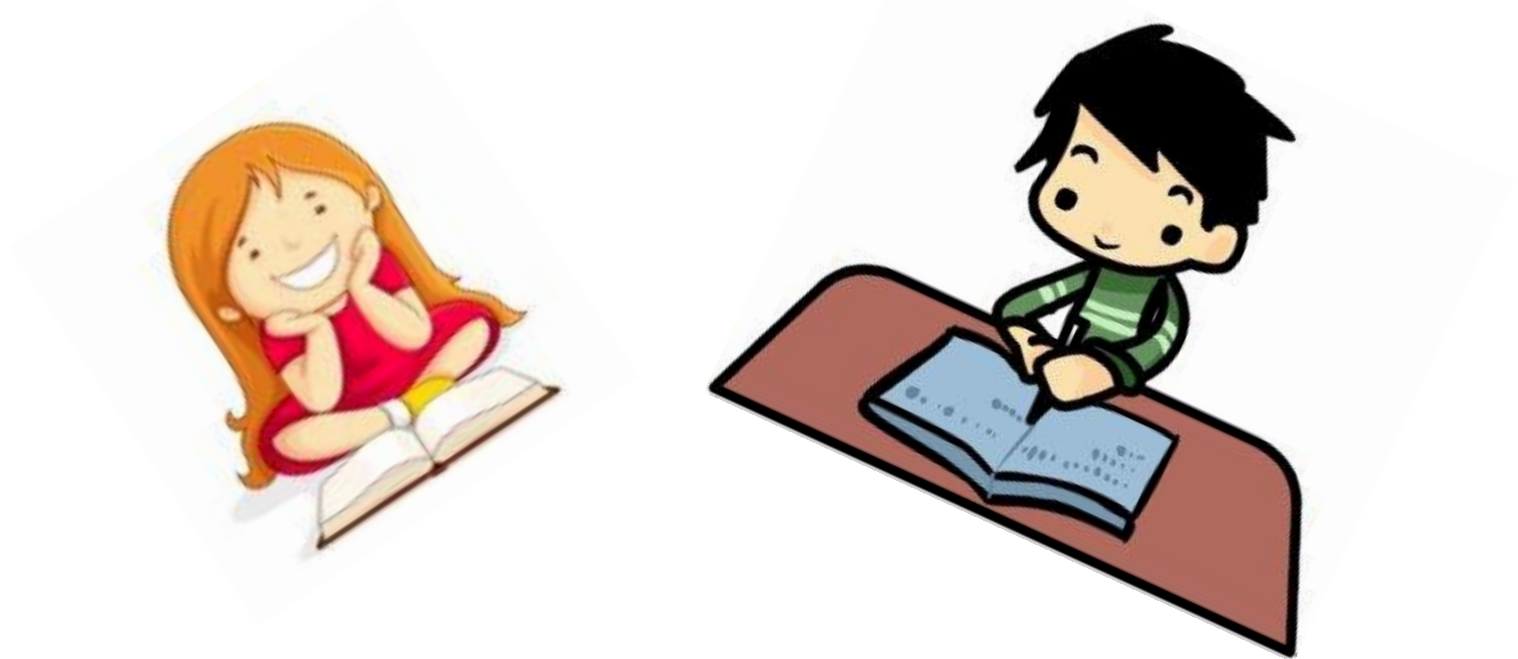
@douglaskarr

What can you do to
help support your
child at home with
growth mindset?

<https://www.mindsetkit.org/growth-mindset-parents/how-parents-can-instill-growth-mindset/3-ways-parents-can-instill-growth-mindset>

Giving feedback to develop a growth mindset

Sometimes we do not realise that words which we think encourage and praise can actually undermine our children's ability to become the best learners they can be.



Questions you could ask your child at the end of the school day

- ▣ *What did you learn today that surprised you?*
- ▣ *Did you make any good mistakes today? How did you learn from them?*
- ▣ *What did you do today that was so hard it made your brain grow?*
- ▣ *How did you help someone else learn something new today?*

How can we help our children develop a growth mindset?

Key points to parents:

- Praise carefully—not for intelligence but for effort
- Encourage deliberate practice and targeted effort
- Encourage high challenge tasks to grow those brain cells
- Discuss errors and mistakes and help your children to see them as opportunities to learn and improve
- Encourage family discussions about mindset and which mindset they (and you?) are choosing to use
- Teach children to talk back to their 'fixed mindset' internal voice with a 'growth mindset' internal voice
- Start now by redefining the meaning of a few ordinary words...

INTELLIGENT PRAISE

You're so clever at...

You're so intelligent at...

You're lucky, you're gifted at...and it's so easy for you to...

Don't worry if you didn't get a great result, did you get a better score than x child?

Ah...you made a mistake, how many times have we told you to get it right first time?

EFFORT

PRAISE

I've noticed the effort you're putting into...

All of your hard work and practise is resulting in progress in...

I'm proud of how committed you have been to learning...

Are you clear what you need to do to improve your learning next time?

You made a mistake that OK. You can learn from it

A few mind shifting tips for cultivating a growth mindset at home

HELP CHILDREN RECONNECT WITH A TIME WHEN THEY LEARNED SOMETHING NEW THAT WAS A CHALLENGE

Point out the developmental nature of 'getting good' - we all go through the process of making a lot of mistakes, practicing and then getting better.

AVOID LABELS AND GIVE GROWTH MINDSET PRAISE

Don't label yourself in ways that model a 'fixed mindset' (e.g. I'm a terrible cook....I was never good at Maths)
Praise and value effort, practise, self-correction and persistence
Don't shelter your child from a failed task. Ask "What can you learn from this experience? What could you try differently next time?"

HELP CHILDREN GET CURIOUS ABOUT MISTAKES

Help them reframe a mistake as new information or as a step in the process of learning. In addition, help them incorporate self-correction in their own learning process.

HELP CHILDREN TALK BACK TO NEGATIVE SELF-TALK WITH A GROWTH MINDSET VOICE

e.g I get better and better with practice
this is hard, but will get easier

HELP CHILDREN LEARN TO HEAR THEIR OWN FIXED MINDSET 'VOICE'

Some examples:

guy is brilliant; he never tries and he gets it"

wrong again, I'll never get this"

Some children don't even realise how fixed their mindset can be. Discuss and challenge their opinions and attitudes.

"That
"I got it

GET CURIOUS ABOUT YOUR CHILD'S WORK THROUGH QUESTIONS

How did you figure that out?
What's another way you could have done that? How many times did you try before it turned out that way? What could you try differently next time?