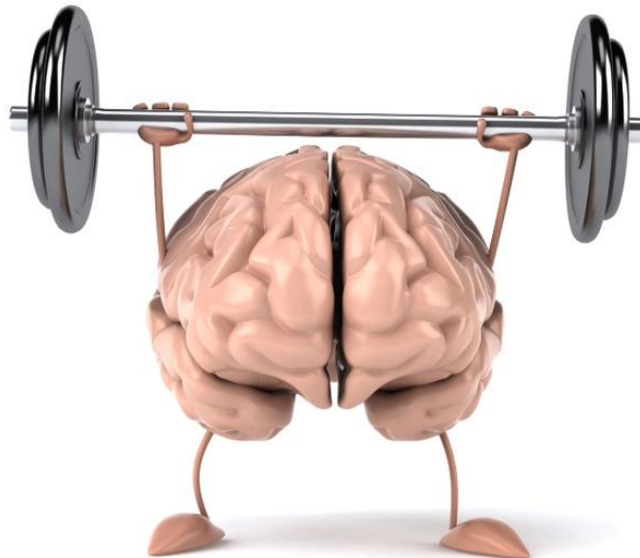


# An Introduction to Growth Mindset



# What is Growth mindset?

*'Mindset is a simple idea discovered by world-renowned Stanford University psychologist **Carol Dweck** in decades of research on achievement and success- a simple idea that makes all the difference.'*



# Growth vs. Fixed

**In a fixed mindset,** people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort.

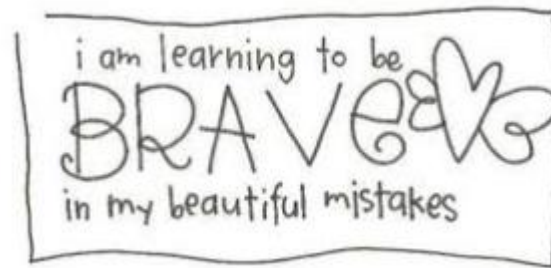
**In a growth mindset,** people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.

# A real example...



<https://www.youtube.com/watch?v=EIVUqv0v1EE>

# Brave Learners



When a child tells you they don't like or are no good at something, encourage them to use the word **YET**.

"I don't like this **yet**" leaves room for change.

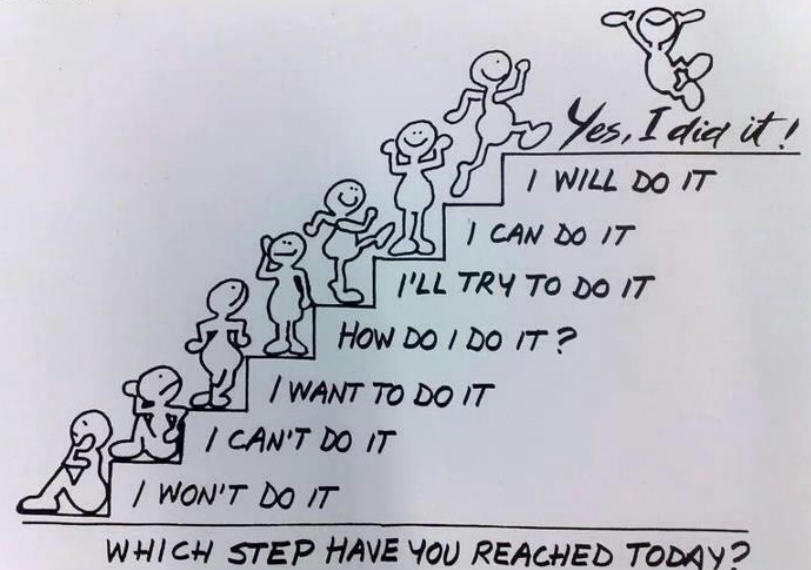
"I'm no good at this **yet**" gives space for improvement.

# YET

A very cool word.

SaveOnSchools.NZ

MarcAndAngel.com





# Brave Learners

? What to do if I'm stuck...

**B**<sub>e</sub> **B**<sub>rave</sub>

I'll try my best!



Have a go!

Don't let a lack of confidence hold you back, you might surprise yourself!

? What to do if I'm stuck...

**B**<sub>e</sub> still

I've got it!



Stop and have a think!

Sometimes if we pause and sit quietly, the solution comes to us.

? What to do if I'm stuck...

**B**<sub>acktrack</sub>

Our learning objective today is...



Let's go back!

Have a look at the learning objective/s or success criteria, they are there to help you understand what is trying to be achieved.

? What to do if I'm stuck...

**B**<sub>oss</sub>

Please can you help me?



It's time to ask the teacher.

If you've explored all the other options and you are still stuck then it's time to put up your hand and ask an adult to help.

? What to do if I'm stuck...

**B**<sub>its</sub> and **B**<sub>obs</sub>



Remember to use resources!

Are there any tools on your desk or in the classroom that could help you?

? What to do if I'm stuck...

**B**<sub>uddy</sub>

No problem!



Help!



Ask a buddy to help.

Can they explain it to you more clearly?

# Why?



- Another piece of the puzzle
- Encourages children to be **resilient** (core value)
- Helps children to make accelerated **progress**
- **Can be applied to all areas of life- not just school!**

# How can you help at home?

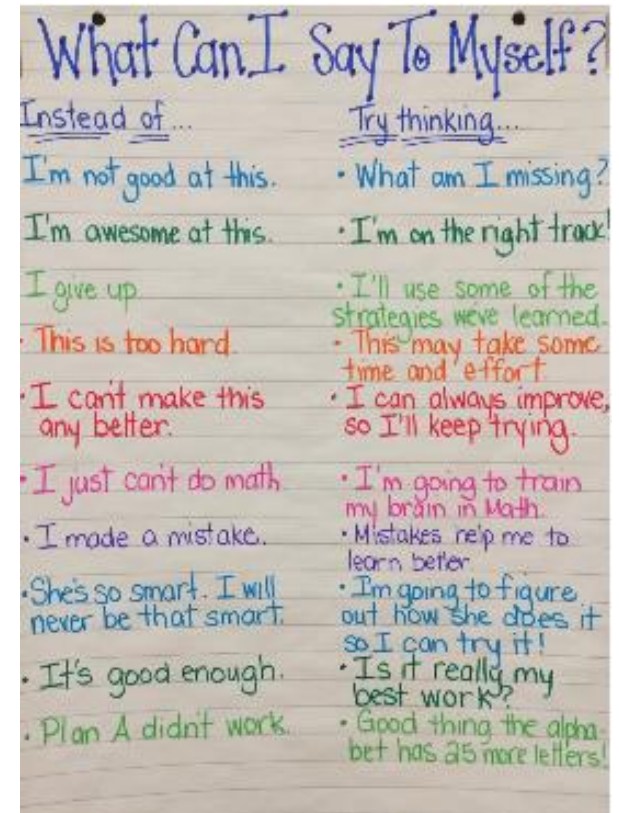
- Have learning conversations

“What have you *learnt* today?”

- Encourage taking risks/learning from mistakes

- Encourage and model positive self talk

- Praise effort





FIXED MINDSET Praise	GROWTH MINDSET Praise
"Great result – you're really smart at ... "	"Wow, great result. You clearly tried really hard and your extra effort has paid off."
"You learned that so quickly – you are so smart."	"A good start, now try something even more challenging to really help you improve"
"You are such a talented musician / athlete / mathematician."	"The amount of work and effort you put into being a musician / athlete / mathematician means you are making excellent progress – well done."
"Don't worry about that last test – you have the ability and will do better next time"	<p>"In the last test it's clear you did not spend enough time on revision – what are you going to do different for the next test?"</p> <p><b>OR child tries REALLY hard but still no success:</b>            "You put so much effort in, which is fantastic. Keep going - lets work together, find some new ideas and work out what you don't understand"</p>
"You got an A – I'm so proud of your grade"	"You really studied for your English test, and your improvement shows. Good idea to read the material several times, and testing yourself. That definitely worked!"
"Fantastic – you're getting As (or Bs) with no effort!"	"Clearly that was too easy. Try an even more challenging paper/question/task you could learn from"
"Don't worry, not everyone can be good at Maths – I never was. You have other talents – focus on what you're better at"	"You haven't quite mastered that topic in Maths, yet. Keep working hard, speak to your teacher, practise even more and you will definitely improve"
<b>Challenge any 'FIXED' mindset language you hear.</b>	
"I'm no good at this..."	"...YET!"

# Any questions?

