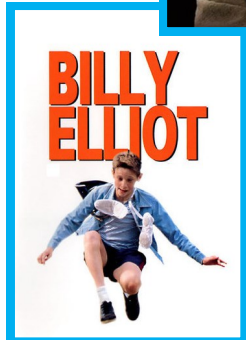




Stories/ Films with a Growth Mindset theme



To Find out More

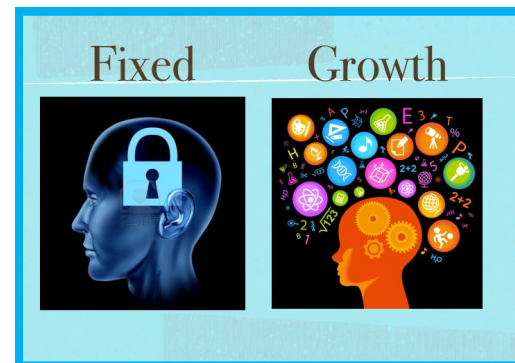
A TED talk from Carol Dweck:

The power of believing that you can improve

www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en

SOUTHESK PRIMARY SCHOOL

GROWTH MINDSET



A Guide for Parents and Carers

Lighting up Learning

Southesk School
Hill Place
Montrose DD10 8BP
01674 662655



What is Growth Mindset

You may have heard our children talking recently about how they've been developing a 'Growth Mindset' at school. During assemblies they have been looking at and learning about the two types of mindsets that children and adults can have, a 'fixed' mindset and a 'growth' mindset.

Fixed Mindset	Growth Mindset
Must be perfect	Continuously learning
Fear of failure	Willing to try
Qualities set in stone	Qualities are malleable

Mindset is an idea discovered by psychologist Carol Dweck. In a growth mindset, people believe that abilities can be developed through hard work and dedication because the brain is a muscle that can be trained. Whereas those with a fixed mindset believe that their abilities and intelligence are fixed traits that cannot be altered.

Key Points:



Dweck found that children love the idea that their brain is like a muscle that gets stronger as they use it to learn.



It's never too late to change your mindset: mindsets are beliefs, but beliefs can be changed.



Encourage them to be resilient. Children will find some tasks difficult or frustrating - but encourage them not to give up. Taking on a challenge, practising and persevering are all traits of successful growth mindset learners.



Use a role model. Talk about your child's favourite sportsperson, musician or teacher and talk about the effort, practise and perseverance that they must have applied to achieve their success.

Language of Growth Mindset

Giving praise with a Growth Mindset approach

Instead of this...	Say this...
You're so clever.	You clearly tried really hard on this. <i>Or: Your hard work has really paid off!</i>
That was brilliant.	You used lots of different strategies, well done.
Well done, you have got all of the answers correct!	It was a tricky task, but you did one step at a time and it turned out great.
It's okay, not everyone is good at that, your talent lies in...	This task didn't go as planned; let's go over it together and see where you need to understand things a bit more clearly.
I told you that you'd find that easy... you're clever.	It was a hard task, but you stuck at it and got it finished. Great.
You are so talented in...	I know you often find things easy at school, but now you really have a chance to develop your skills with this. That's great!
That's wrong, you've made a mistake.	That's an interesting mistake. So what should we do next?
You didn't win the competition but the judges just didn't see how fantastic you were.	You really tried and it was such an improvement on the last time you did it, well done.
Maths is easy for you because you are so good at it.	These maths problems are too easy, so let's try something more challenging that will be more fun for you.

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.

Created by: Reid Wilson, @reidwilson, from theonomist.com