

Growth Mindset at Giffnock Primary School



“Anything's possible if you've got enough nerve.”

J. K. Rowling



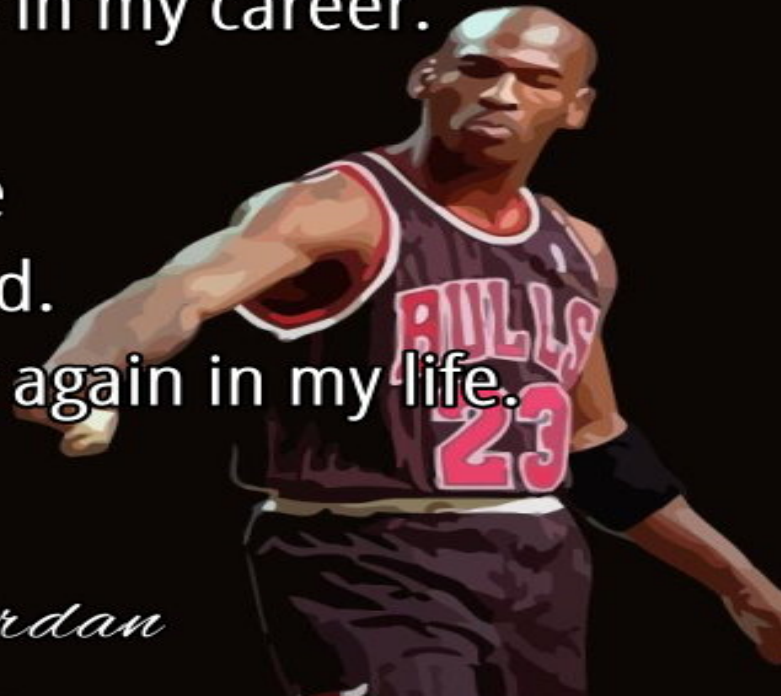
“I haven't failed. I've just found 10,000 ways that won't work.”

Thomas Edison

InspirationBoost.co

I've missed more than 9000 shots in my career.
I've lost almost 300 games.
26 times, I've been trusted to take the game winning shot and missed.
I've failed over and over and over again in my life.
And that is why I succeed.

- Michael Jordan




Growth and Fixed Mindsets

- Dr Carol Dweck, professor of psychology at Stanford University.
- Decades of research into motivation and how 'fixed' intelligence may be.
- Research has shown that having a Growth Mindset can improve children's progress and attainment.

Growth and Fixed Mindsets

https://www.youtube.com/watch?v=-_oqghnxBmY



The infographic consists of two large, stylized head silhouettes facing each other. The left silhouette is blue and represents a 'Growth Mindset'. It contains several positive, growth-oriented quotes. The right silhouette is dark grey and represents a 'Fixed Mindset'. It contains several negative, limiting quotes. The central text 'GROWTH MINDSET' and 'FIXED MINDSET' is prominently displayed in large, bold, white letters within their respective silhouettes.

"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

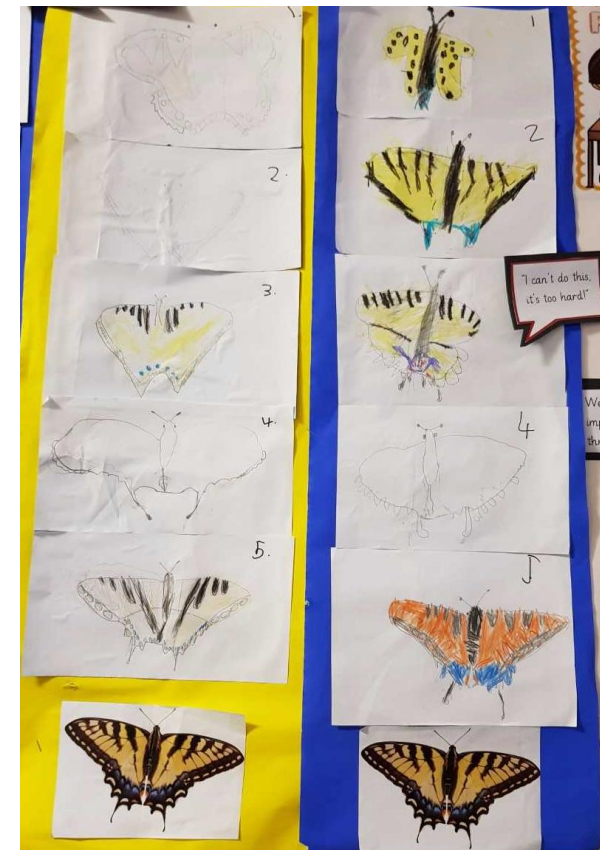
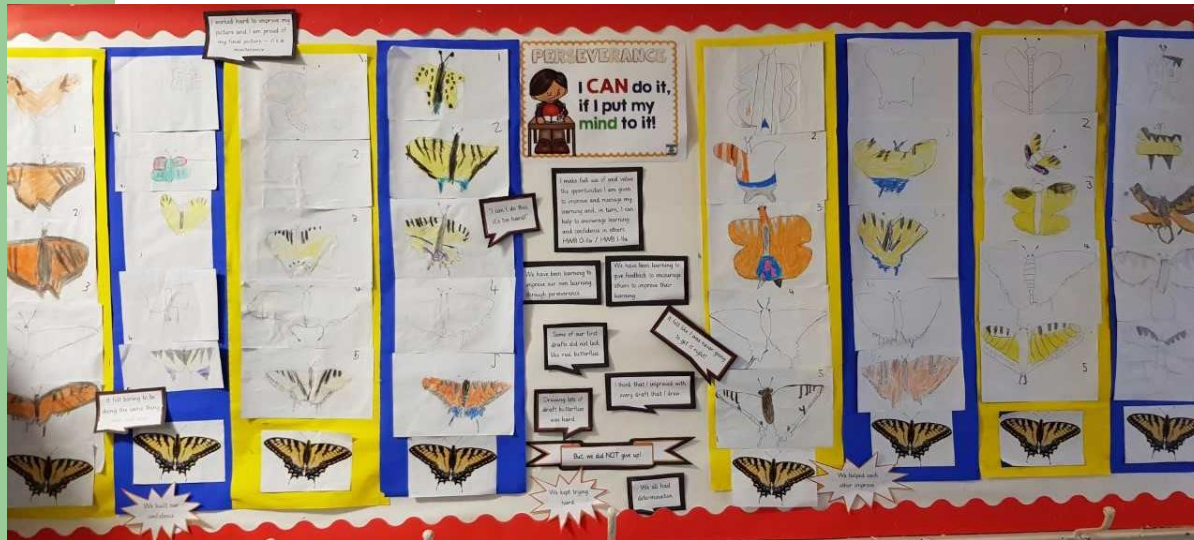
"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

Feedback – Austin's Butterfly



The Learning Pit



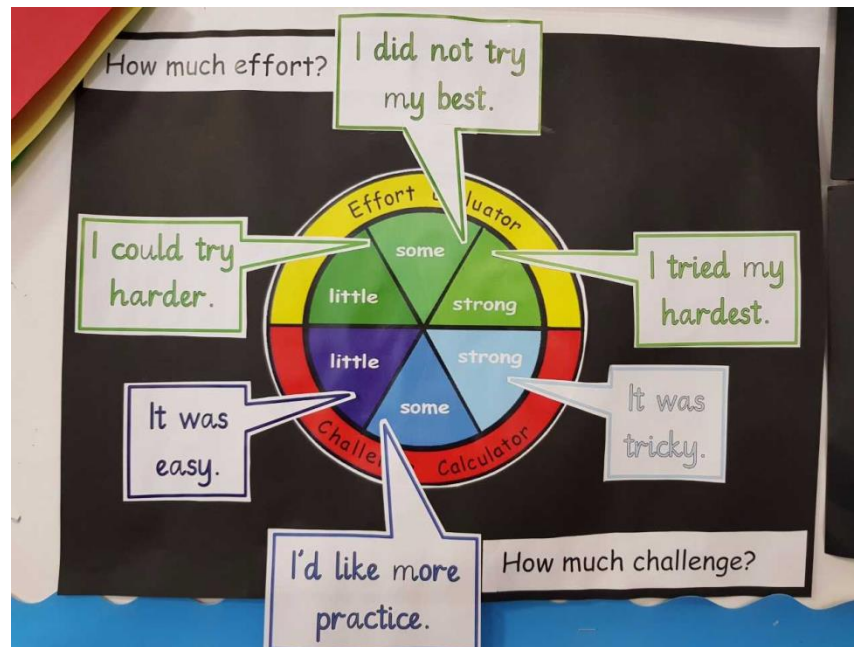
“When you go into the learning pit you try to face the challenges” - Isla.

“You build your confidence as you get out of the pit” – Angus.

“You really need to work at it to get out of the pit” – Ahmed.

“If you take the easy way you will not learn as much” – Kallen.

Effort and Challenge



- We used effort evaluators to see how much effort we put into our work (Theo).
- A strong challenge will help you go into the learning pit and make your brain work harder (Scott).

The power of yet

“Mojo had a fixed mindset. His friends taught him the power of yet. After this he had a growth mindset and was able to do tricky maths” – Cameron.



Growth Mindset at Giffnock Primary School

- “Mistakes help us learn” – Zaynah.
- “Always be positive and never give up” – Zoe.
- “When I first tried a front walk over I couldn’t do it. I practiced hard and kept trying and now I can do it” – Lexi.
- Quotes around the school.

Praise

- Change your words, change your mindset
- Focus on the input and skills
- Match feedback to age and stage of child as well as effort and challenge

Examples of praise

Strong challenge but little effort

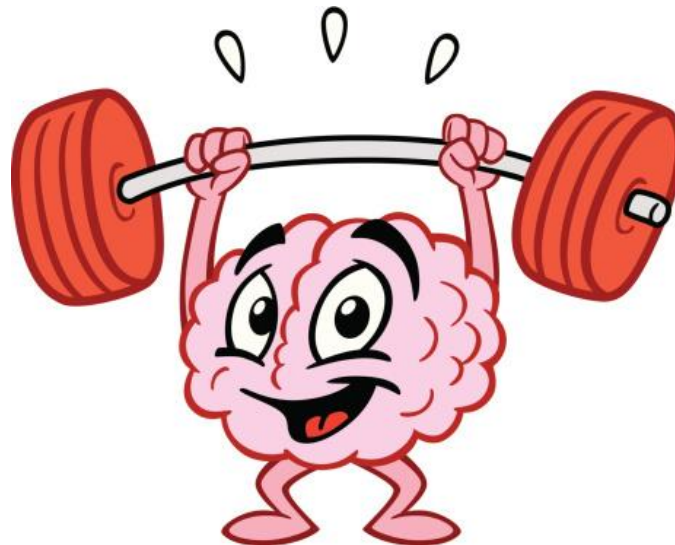
- I can see you found this very tricky (challenging) today. How can I help you so that you can try harder?

Little challenge but strong effort

- I am proud of you for not giving up. You're ready for something harder (more challenging).

Neuroscience

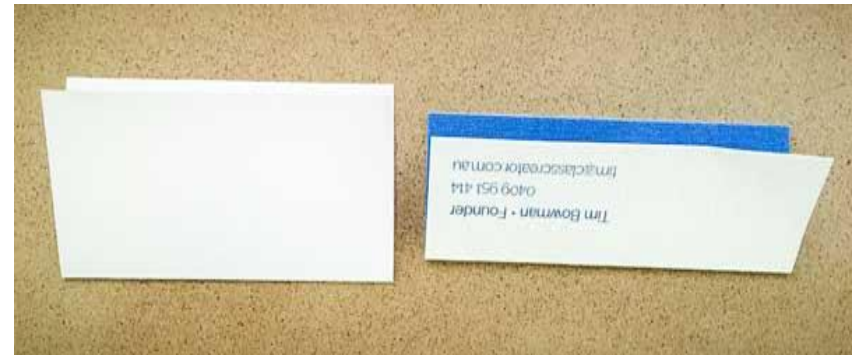
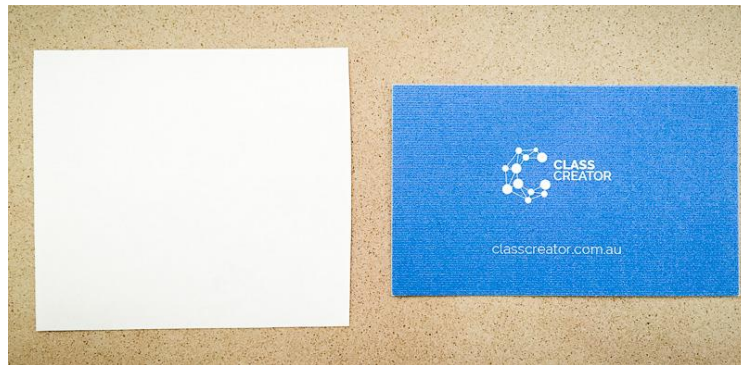
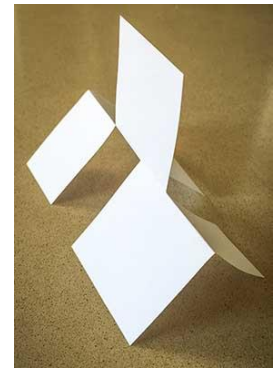
The Learning Brain



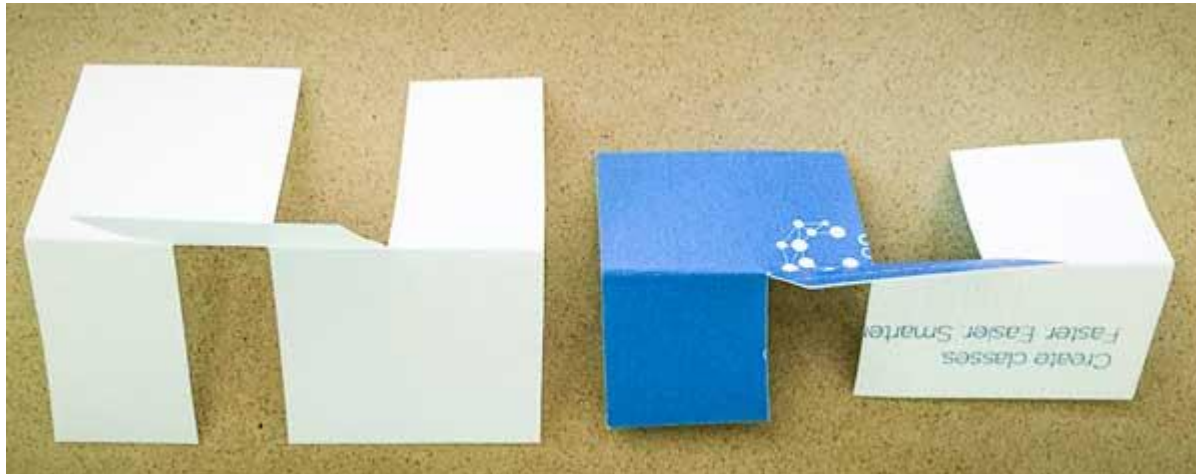
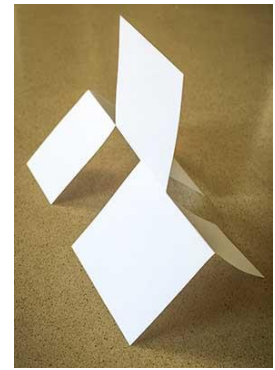
How you can help at home

- Praise the amount of effort your child is putting into things rather than how clever they are;
- Talk to your children about their brain being like a muscle - the more they use it, the stronger it gets;
- Encourage your children not to give up if they are finding something difficult;
- Challenge your children to try something new or difficult for them.

Challenge



Challenge



Any questions?

