



Supporting the anxiety (intervention)

Supporting approach 'Growth Mindset'	Making it successful	Resources
<p>A mindset is a set of personal beliefs and a way of thinking which influences our behaviour and attitude towards ourselves and others. Carol Dweck identifies two mindsets: "fixed mindset" and "growth mindset" in relation to how we perceive our own intelligence. People with "fixed mindsets" believe that our intelligence and abilities are static and cannot be changed. People with "growth mindsets" believe that their intelligence can be developed with persistence and effort. A pupil's mindset directly influences how they face academic challenges and how they view their mistakes.</p> <p>Emotions and mindsets are very interlinked. As such, it can be a valuable part of emotional regulation supports for children/young people.</p> <p>Current research suggests that our brain has the ability to change, adapt and rewire throughout our lives. Shifting our and our pupil's mindsets from "fixed" to growth" is an important part of building their resilience.</p>	<p>How to foster a Growth Mindset in the classroom and at home</p> <ol style="list-style-type: none"> 1. Be aware of your own mindsets 2. Model a growth mindset in the classroom. 3. Praise effort not attainment and give constructive feedback to support a growth mindset 4. Use a growth mindset language in your everyday practice 5. Establish high expectations. 6. Describe the behaviour, not the person 7. Educate pupils about the brain and neuroplasticity 8. Teach parents about the brain and "growth mindsets" 9. Share with pupils the examples of famous role models who demonstrated growth mindset, especially when faced with challenges 10. Provide opportunities to try new things and to celebrate mistakes 11. Provide time to reflect 	<p>Ted talks with Carol Dweck 'The Power in Believing https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve/discussion (2017)</p> <p>Books: Mindsets in the Classroom: Building a Culture of Success and Student Achievement in Schools (by Mary Cay Ricci) Growth Mindset Pocketbook (By Barry Hymer "Mike Gershon)</p> <p>Website: http://www.mindsetworks.com/</p>