



Hints and tips

You can help develop your child's growth mindset so they embrace challenges, learn from mistakes and enjoy learning:

- Make sure you praise effort, not just the result
- Encourage them to make mistakes and help them learn from them. Mistakes are good!
- Show enthusiasm for your own learning
- Help your child set goals to expand their knowledge
- Encourage effort and not to give up when they are struggling with something
- Use the word 'yet', 'you've not got that right, yet!'.

How to praise to encourage a growth mindset

Your praise can deliver either a fixed mindset message: 'You have permanent characteristics and I'm judging them', or a growth mindset message: 'You are a developing person and I'm supporting your development'.

Fixed mindset praise

"You learned that quickly! You're clever!"
"Look at that drawing! You're an artist."
"You're brilliant, you got an A without trying."

means children hear:
"If I don't learn quickly, then I'm not clever" or
"I shouldn't try something harder or they'll see I'm not very good".

Growth mindset praise

"You've really put a lot of effort into that, you're getting more answers right."
"That was a real challenge for you, well done for trying."
"You're nearly there, let's look at where you made mistakes and try again."

Find out more at:

<https://blogs.glowscotland.org.uk/glowblogs/mindsetineducation/>

Mindset Education

Growth mindset information for parents and carers



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Our mindset affects how we think and learn, and can determine our level of success in life.

Parents, carers and teachers want all children and young people to grow and be successful.

We have an important part to play in supporting, challenging and developing children and young people.

By understanding how to develop a growth mindset in your child, and yourself, you will be supporting them to become a better learner (at school and in their personal lives) and how to achieve their personal best in life and fulfil their potential.

We all hold beliefs about intelligence, ability and personality. A child's beliefs about these is an important factor in whether they become an effective learner, enjoy the learning process and maximise their learning abilities.

Growth mindset

Those of us with a growth mindset believe that factors such as effort, application and study skills will determine our level of success. We know that talents, abilities and intelligence can be learned and developed. We appreciate the value of success when we've worked hard to achieve it.

Fixed mindset

Those of us with a fixed mindset believe that we are born with a level natural ability, intelligence or talent. These talents or abilities then determine our level of success in the future. We think we should succeed with little effort (because of our talents) and avoid setbacks and challenges.

Fixed Mindset

I'll never be able to do it.

If I make a mistake, I'll look stupid.

I'm not good at numbers.

What's the point of trying?

They find it so easy, I can't do it.

Growth Mindset

I can't do it, yet.

If I make a mistake, I can learn from it.

I'll get better if I keep trying.

I'll try another way.

I've put in a lot of effort to improve.

