

GROWTH MINDSET FOR PARENTS

AUTUMN TERM 2022



WHAT IS MINDSET?

- Mindset is a mental attitude that determines how you will interpret and respond to situations.
- According to studies by Dr Carol Dweck, there are two types of mindset:
 - **Fixed** mindset
 - **Growth** mindset

Fixed Mindset: Intelligence is a fixed trait.

Growth Mindset: Intelligence is a quality that can be changed and developed.

WHY THIS ... HOW DOES IT FIT IN?

- As part of our overall vision we want our children to have a 'voice', to develop a 'love of learning', to be 'resilient' and to 'discover'
- As part of our NRIS way we want to embed AfL / High Standards / Demonstrating Impact
- Further developing 'the teacher toolkit'

WHAT IS GROWTH MINDSET?

FIXED

Growth Mindset

GROWTH

Carol Dweck – introduced the terms fixed and growth mindset when looking into how young people approached failure / resilience in the face of challenge

WHAT DOES A FIXED MINDSET LOOK LIKE?

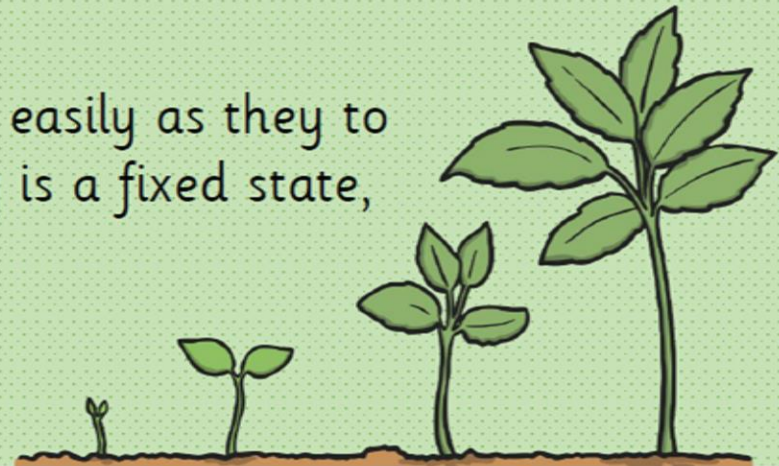
Has your child ever said to you:
“I don’t want to do that because I can’t do it..”
or avoided doing something because they’ve failed
at it in the past?



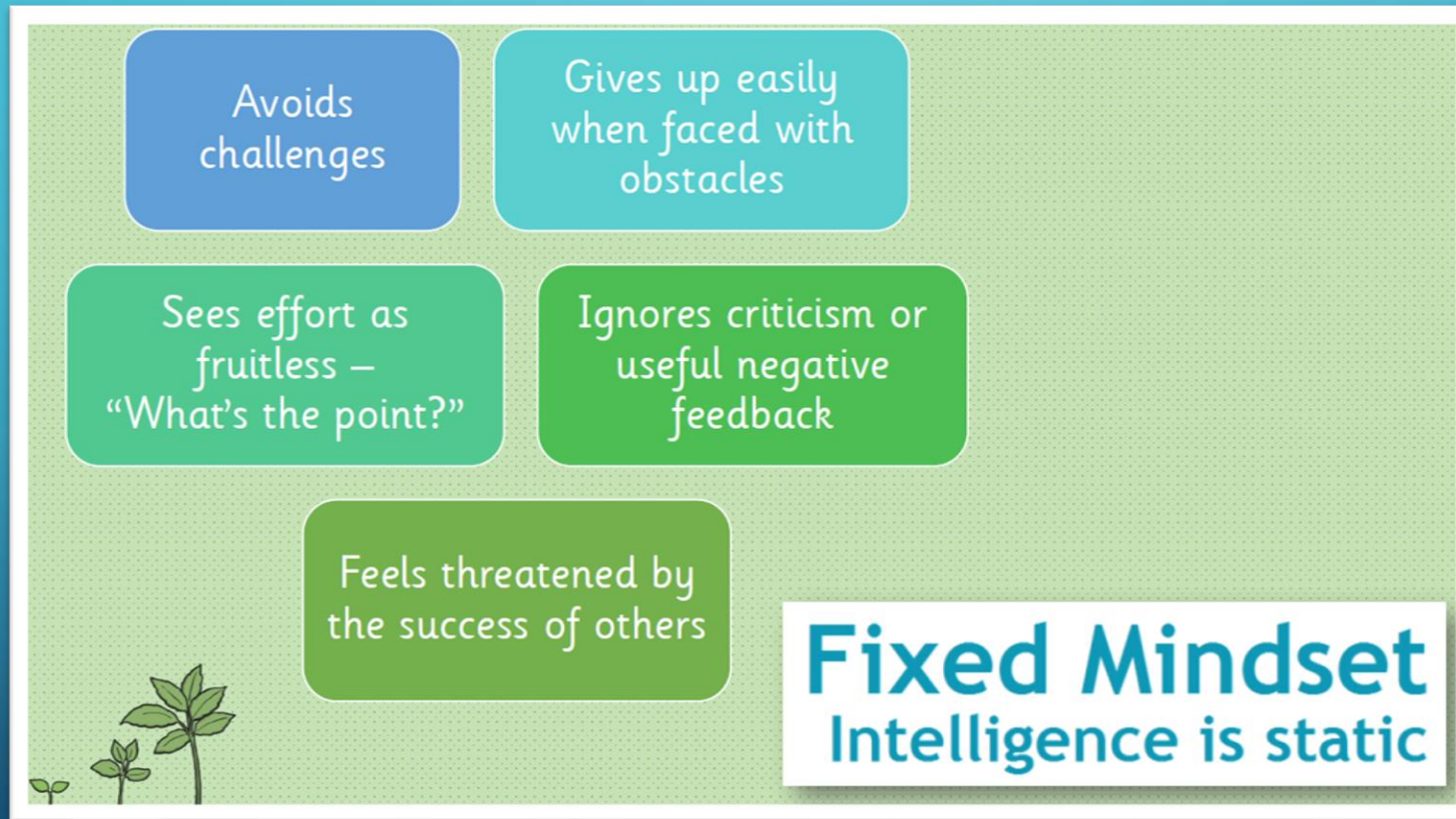
WHAT DOES A FIXED MINDEST LOOK LIKE?

Feelings like this can be related to what children believe about what makes them 'good' at something – whether it's school, art, sport or even their ability to manage their emotions and behaviour.

Some children will give up on challenging tasks easily as they to believe that being 'good' at a particular activity is a fixed state, and is something they can't control.



WHAT DOES A FIXED MINDSET LOOK LIKE?



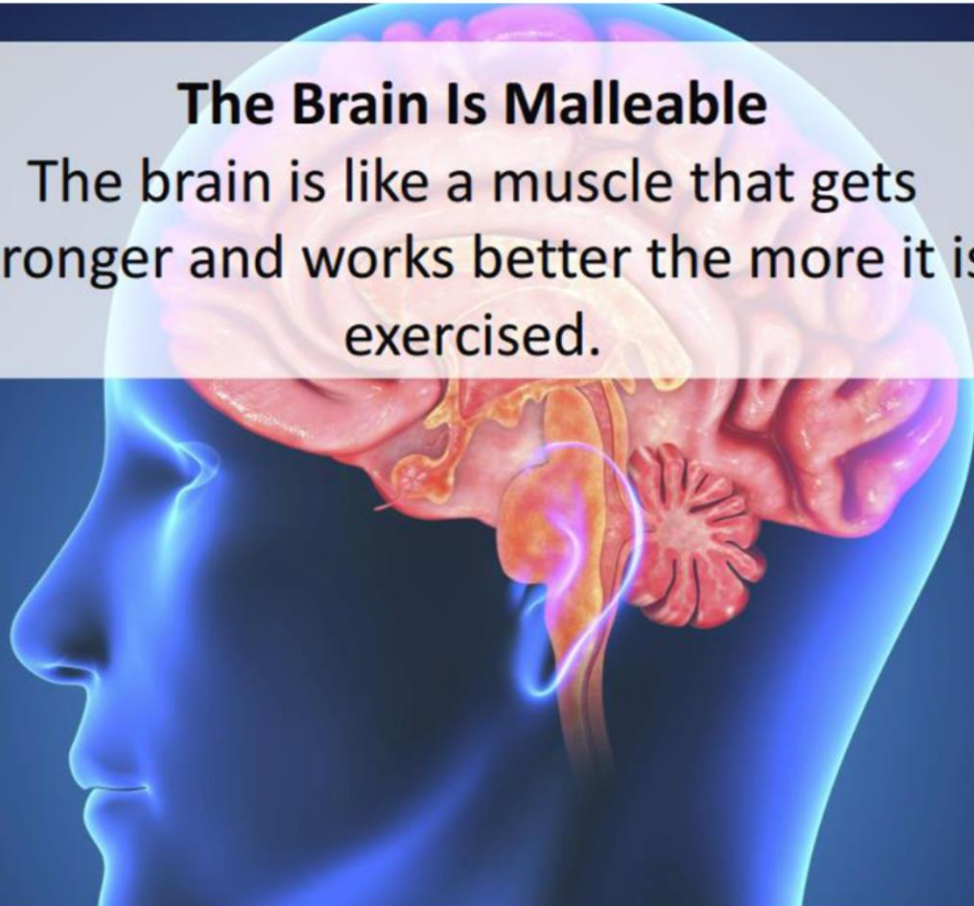
FIXED MINDSET

- A fixed mindset is a limiting belief to what you can or cannot do. It is a belief that your intelligence is fixed, you are born with it and it stays the same no matter how much effort you put into a task.
- A fixed mindset can be seen as limiting yourself.
- A fixed mindset may mean you believe you cannot do something and will not ever be able to.
- A fixed mindset may mean that mistakes are signs you should give up.

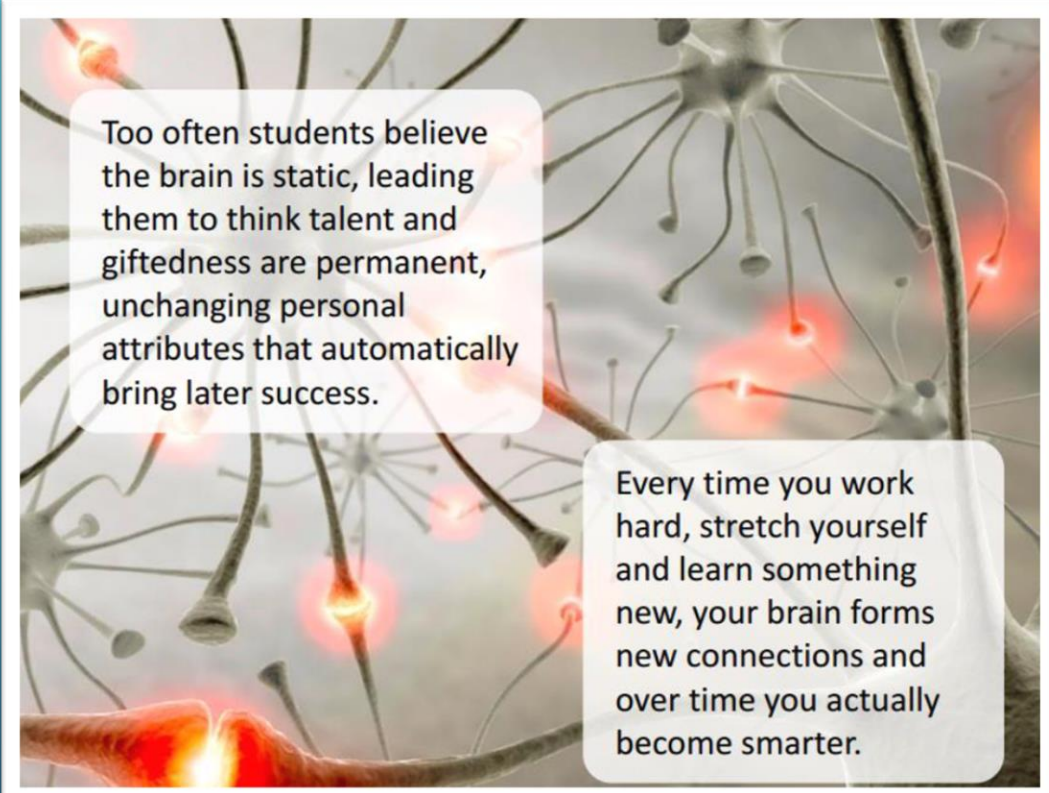
WHAT DOES A GROWTH MINDSET LOOK LIKE?

The Brain Is Malleable

The brain is like a muscle that gets stronger and works better the more it is exercised.



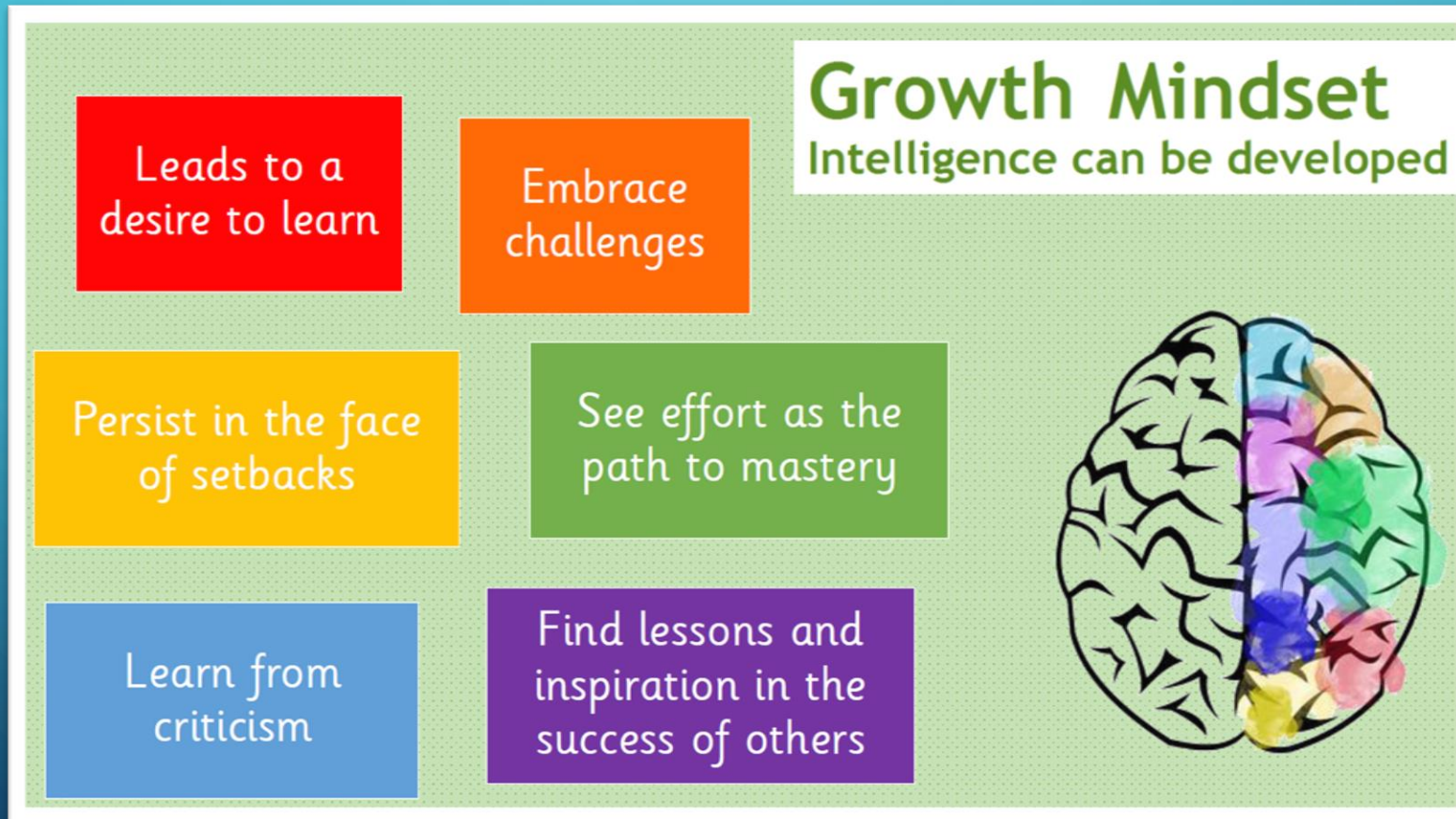
WHAT DOES A GROWTH MINDSET LOOK LIKE?

A microscopic image of neurons with glowing red synapses, illustrating the concept of a growth mindset.

Too often students believe the brain is static, leading them to think talent and giftedness are permanent, unchanging personal attributes that automatically bring later success.

Every time you work hard, stretch yourself and learn something new, your brain forms new connections and over time you actually become smarter.

WHAT DOES A GROWTH MINDSET LOOK LIKE?



GROWTH MINDSET

- A growth mindset is a limitless belief that you can do anything with the right attitude and practise. Research has proven the brain is malleable and adaptable and therefore can develop intelligence over time.
- A growth mindset may mean you believe you can do anything.
- A growth mindset may mean that anything can be learned with the right attitude and practise.
- A growth mindset may mean that mistakes can be learned from.

MINDSET AND CHILDREN

POSSIBLE INDICATORS OF A FIXED MINDSET	POSSIBLE INDICATORS OF A GROWTH MINDSET
<ul style="list-style-type: none">- Avoids a challenge- See effort as fruitless 'What's the point?'- Gives up easily- Ignores criticism or useful negative feedback- Threatened by the success of others- 'I can't do it!'- 'It's too hard!'	<ul style="list-style-type: none">- Embraces a challenge- Sees effort as the path to mastery- Learns from criticism and improves- Persists even with setbacks- Desires to learn- 'I'll try a different way'- 'I am still learning how to'

IS IT SUCCESSFUL?

- The brain is like a muscle that needs to be exercised in order to grow and develop
- New connections will form and make our brains stronger the more it is exercised or challenged
- If we believe having a growth mindset helps you overcome stressful situations, builds self esteem, helps you to develop resilience and assists you in reaching your full potential, we have to see it as successful

IS IT SUCCESSFUL?

There is a key word
here in order for
growth mindset to be
successful

Hear your fixed
mindset voice.



Choose to adopt
a growth
mindset.



Speak with a growth
mindset.

View challenges as
opportunities.

View mistakes as lessons
learnt.

Act with a growth
mindset.

HELPING AT HOME

If children hear 'I can't do Maths' from parents, teachers, friends they begin to believe it isn't important.

They then become less embarrassed about Maths skills as it is acceptable to be 'rubbish at Maths'

This applies to all skills (art, physical activity, reading, writing etc...)

"I was rubbish at maths!"

"I'm hopeless at spelling."

"Sophie isn't as bright as my eldest."

"We don't read in our house..."



HELPING AT HOME

10 Growth Mindset Statements

FIXED MINDSET **GROWTH MINDSET**

What can I say to myself?

INSTEAD OF: **TRY THINKING:**

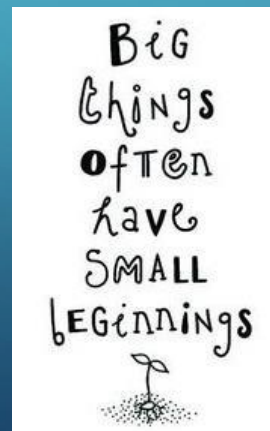
I'm not good at this.	1 What am I missing?
I'm awesome at this.	2 I'm on the right track.
I give up.	3 I'll use some of the strategies we've learned.
This is too hard.	4 This may take some time and effort.
I can't make this any better.	5 I can always improve so I'll keep trying.
I just can't do Math.	6 I'm going to train my brain in Math.
I made a mistake.	7 Mistakes help me to learn better.
She's so smart. I will never be that smart.	8 I'm going to figure out how she does it.
It's good enough.	9 Is it really my best work?
Plan "A" didn't work.	10 Good thing the alphabet has 25 more letters!

HELPING AT HOME – SET HIGH EXPECTATIONS

It is commonly believed that lowering our expectations promotes self-esteem in children (e.g. “never mind, let’s try an easier one”), but this is not the case. Having high expectations works like a self-fulfilling prophecy. It shows that you believe they can do it, this in turn has a positive impact on their own beliefs, behaviour and outcomes.

HELPING AT HOME – ENCOURAGE RESILIENCE

We now know that the brain adapts to new information and practise by creating new connections, so help your child to believe that challenge is a positive thing because it means they are growing their brains! This can help them to be comfortable with the times that they struggle and means that they see this as a sign of learning.



HELPING AT HOME – CELEBRATE MISTAKES

**First
Attempt
In
Learning**



HELPING AT HOME – YOUR LANGUAGE

You really thought about this.	You got them all right, you're so clever!	You got 15 out of 20.
Good girl.	How did you challenge yourself with this?	Wow, you did that so quickly!
You're a Maths whizz!	You used your phonics to help you sound that out – what a great strategy to use.	Well done for noticing you spelt that wrong and correcting it.

You have permanent traits and I'm judging them.

OR...

You're a developing person and I'm interested in your development.

HELPING AT HOME – YOUR LANGUAGE

1. Praise the effort, not the ability
2. Praise in specifics, not generalities
3. Praise authentically and not too much
4. Praise behaviour, not the child
5. Praise skills used
6. Praise responsiveness to feedback

THE NRIS APPROACH TO GROWTH MINDSET

- This cannot be seen as an add-on
- It is not an intervention
- Our approach must interweave our approach to teaching & learning
- It is for all to use ... children, staff and parents / carers

OUR KEY LEARNING POWERS

- F.A.I.L
- THE MAGIC WORD
- CHALLENGE
- PRACTICE
- RESILIENCE
- TEAM LEARNING
- TRYING IT OUT

Seeing
improvements

Adopt Adapt
Innovate

First Attempt
In Learning

Shared

Yet

Hunger &
thirst for
more

Divergent
thinking

MAKING IT ACCESSIBLE FOR THE CHILDREN

Go For It
Gorilla





MAKING IT ACCESSIBLE FOR THE CHILDREN



F.A.I.L

MAGIC WORD

CHALLENGE

PRACTICE

RESILIENCE

TEAM LEARNING

TRYING IT OUT

**Go For It
Gorilla**



EXPECTATIONS – WE WILL

- HAVE A GROWTH MINDSET DISPLAY IN OUR CLASSROOMS
- USE THE LANGUAGE OF HAVING A GROWTH MINDSET
- LOOK OUT FOR CHILDREN HAVING A GROWTH MINDSET AND USE SPECIFIC PRAISE / HOUSEPOINTS
- AWARD A GO FOR IT GORILLA STICKER

PARENT'S GUIDE TO A GROWTH MINDSET

PRAISE

FOR:
EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:
BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:
"YOU TRIED VERY HARD AND
YOU USED THE RIGHT
STRATEGY!"
"WHAT A CREATIVE WAY TO
SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"

SAY:
"YOU CAN'T DO IT YET."
"YOU DON'T KNOW IT YET."
"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

FAILURES AND MISTAKES = LEARNING

SAY:
"YOU CAN LEARN FROM YOUR MISTAKES."
"MISTAKES HELP YOU IMPROVE."
"LET'S SEE WHAT OTHER STRATEGIES
YOU CAN TRY."

ASK

"WHAT DID YOU DO TODAY
THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID
YOU TRY?"
"WHAT MISTAKE DID YOU MAKE
THAT TAUGHT YOU
SOMETHING?"
"WHAT DID YOU TRY HARD AT
TODAY?"

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND
OF THE MESSAGES YOU SEND WITH YOUR
WORDS AND ACTIONS.

GROWTH MINDSET

YOU CAN
GROW YOUR
INTELLIGENCE

VS

FIXED MINDSET

YOU CAN'T
IMPROVE
NATURAL ABILITIES
YOU WERE
BORN WITH

BRAIN CAN GROW

SAY:
"YOUR BRAIN IS LIKE A MUSCLE.
WHEN YOU LEARN, YOUR BRAIN
GROWS. THE FEELING OF THIS
BEING HARD IS THE
FEELING OF YOUR BRAIN
GROWING!"

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"