



Ellingham & Woodton Primary School Federation



INSPIRE

CHALLENGE

NURTURE

Growth Mindset

A Guide For Parents



What is a Growth Mindset?

A Growth Mindset is based upon research conducted by Dr. Carol Dweck of Stanford University. Her research points to people having one of two mindsets: Growth and Fixed.

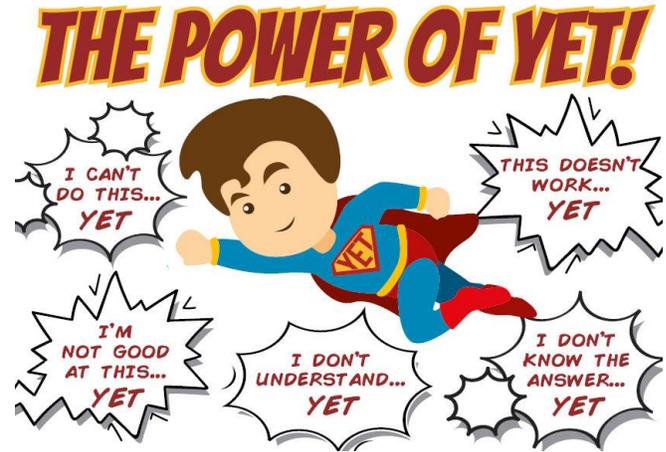
In a Fixed mindset, students believe their basic abilities, their intelligence, their talents, are just fixed traits. In a Growth mindset, students understand their talents and abilities can be developed through effort, perseverance and 'growing' the brain. Research has shown that children with a growth mindset seek more effective learning strategies, work harder, persevere in the face of setbacks and achieve better outcomes.

Fixed Mindset	Growth Mindset
<p>Central Belief: We have a predetermined amount of intelligence, skills or talents which cannot be changed.</p>	<p>Central Belief: We can develop our abilities, intelligence or talent with persistence, effort and a focus on learning.</p>
<p>Leads to a desire to look clever and a tendency to:</p> <ul style="list-style-type: none"> • Avoid challenges for fear of failure • See mistakes and failures as proving you are stupid • Believe if you have to work for success you are not clever • Feel threatened by others' success • Be motivated by rewards and praise • Have low resilience and give up easily 	<p>Leads a desire to learn and a tendency to:</p> <ul style="list-style-type: none"> • Embrace challenges • See mistakes and failures as learning opportunities • Believe hard work (practice and effort) is the path to mastery • Be inspired by others' success • Be self-motivated • Have high resilience and persist even when a task is difficult
<p>Mottos</p> <ul style="list-style-type: none"> • Either you're good at something or you're not • If you're really good at something, you shouldn't need to try 	<p>Mottos</p> <ul style="list-style-type: none"> • No matter how good you are at something, you can always improve • If you have to try, you must be learning

How can we develop a Growth Mindset in our children?

We want all children to grow and be successful. We have an important part to play in supporting, challenging and developing our children. 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.

- Encourage your child to expect to fail and practice to get better at something
- Celebrate mistakes and help your children to see them as opportunities to improve
- Encourage high challenge tasks to grow those brain cells!
- Teach children to think positively and to believe in themselves
- Redefine the meaning of a few ordinary words... use the Power of Yet!
- Praise carefully



Intelligence Praise

You're so clever at...

You're so intelligent at...

You're so lucky you're gifted at...

And it's easy for you to....

Don't worry if you didn't get a great result, did you get a better score than X child?

Ah... you made a mistake, how many times have we told you to get it right first time?

Effort Praise

I've noticed the effort you're putting into...

All of your hard work and practice is resulting on progress in...

I'm proud of how committed you have been to learning...

How do feel about not getting the result you wanted first time? Are you clear on what you need to do improve your learning next time?

You made a mistake, That's O.K., we all make mistakes when we're learning something new. What can you learn from it, to improve next time?

First
Attempt
In
Learning

Tips for Cultivating a Growth Mindset at Home

Help children make links to a time when they learned something new that was a challenge

- “Do you remember when you couldn’t... and now you can?”
- “You are getting good at... keep trying”
- Reinforce the learning cycle: we make mistakes, practice and improve.
- Use the word YET

Help children learn to hear their own fixed mindset ‘voice’

- Capture and, in a gentle and appropriate way, share their own statements with them.
- Most children are unaware of this self-talk because it has gone on so long and is subliminal.
- E.g. “That guy is brilliant; he never tries and he gets it.” “I got it wrong again, I’ll never get this.”

Help children talk back to negative self-talk with a growth mindset voice

- I can’t do it YET
- I am willing to learn new skills, and I know it will be hard at times
- I get better and better with practice, this is hard, but will get easier
- Practice makes permanent

Avoid labels and give growth mindset praise

- Don’t label yourself in ways that model a ‘fixed mindset’ (e.g. I’m a terrible cook... I was never good at maths...)
- Praise and value effort, practice, self-correction and persistence. “wow you must have worked really hard...”
- Don’t shelter your child from a failed task. Ask: “What can you learn from this?” “What could you try differently?”

Model growth mindset at the table

- At breakfast: Ask questions about their opportunities for learning and growth in the coming day or week. What questions would they like answered? What do they want to practice to get better?
- At dinner: Tell your child about a time when you didn’t know the answer to a recent question. Who did you ask for help? How did you learn the answer?

Help children learn from their mistakes

- Make mistakes in front of your child, have a positive reaction to those mistakes and talk about what can be learned from them.
- Encourage your child to have another go if they make a mistake.



Get curious about your child’s work through questioning

- How did you figure that out?
- What’s another way you could have done that?
- How many times did you try before it turned out that way?
- What mistakes did you make that taught you something?
- What do you plan to do next time?