

Growth Mindset Information Booklet

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People tend to hold one of two different viewpoints about intelligence:

1. Children (and adults) with a **growth mindset** believe that intelligence and abilities can be developed through effort, persistence and learning from mistakes. These pupils see school as a place to develop their abilities and think of challenges as opportunities to grow and learn new skills.
2. People with a **fixed mindset** believe that intelligence and abilities are fixed at birth and doesn't change or changes very little with practice. These pupils interpret mistakes as a sign that they lack talent. They often give up when faced with a new challenge or won't try at all for fear of failure.

These beliefs children have about intelligence, effort, and struggle impact the choices they make about learning.

What is Growth Mindset?

Children who understand that the brain can get smarter do better in school because they focus on *improvement*. They see effort as a way to build their abilities. They see failure as a natural part of the learning process.

In contrast, students who have a fixed mindset tend to focus on *judgment*.

These pupils are more concerned with proving that they are smart or hiding that they don't understand something. That means they tend to avoid situations in which they might fail or might have to work hard.

Many research studies show that children who have a growth mindset respond differently in challenging situations and do better in school over time.



What is Growth Mindset?

Research by Developmental Psychologist Dr Carol Dweck of Stanford University 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. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb. In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching, and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it." Dweck

Dweck's research highlights very important evidence that teachers would instantly recognise in their class. Staff would recognise pupils with a fixed mindset: -

who are scared to contribute to class discussion for fear of looking stupid.

who take one bad test result as a sign that they cannot do the subject, are going to fail and therefore give up, who will not try anything new for fear of getting it wrong.

who will persevere with the same approach to their learning even when it is not working rather than being creative and finding a different solution.

Developing a Growth Mindset, we can encourage pupils realise they can grow and develop their ability rather than us telling them that they can.

Research

Do you say...?

- intelligence is something people are born with, and you can't change it.
- you are a certain type of person and there isn't much you can do to change that.
- only a few people are good at sports – you must be born with a talent.

- maths is much easier to master if you are born into a culture which appreciates mathematics.
- that you often feel cross when you receive negative feedback about your performance
- trying new things causes you stress and you avoid doing this
- that you can learn new things, but you can't change how clever you are.
- that clever people don't need to work hard.

Or do you say...?

- you can always improve your intelligence. • you can always change what type of person you are.
- anyone can learn a new talent.
- if you work hard to master something you will improve • you appreciate feedback about your performance from people, coaches, teachers, and parents. • everyone can learn.
- the main reason for doing schoolwork is that you enjoy learning new things.

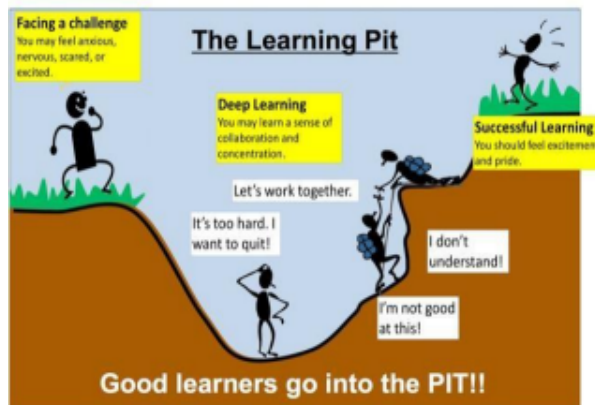
What about you? Which mindset is your child?

How to encourage Growth Mindset

Fixed Mindset	Growth Mindset
I'm not good at this...	I can't do this yet
I give up...	I will try another way of doing this
It isn't good enough...	I can make this even better
I made a mistake...	This was my first attempt
This is too hard...	If something is difficult it means I am learning

I am really good at this...	I am good because I practice
I will never be as good as them...	I will find out how they got so good
I can't do this...	This will take time and effort
I can't make it any better...	I can always improve my work
My friend can't do it...	How can I help them understand?

How to encourage Growth Mindset



Fixed Mindset Praise

Growth Mindset Praise

You learned that so quickly – you're so clever.	Good start now try something more challenging to help you improve.
You're such a talented...	You are making excellent progress at... because of all the effort you have put in.
Don't worry about that test you'll do better next time.	How about we work together and go over the things you don't understand.
You got an 'A', I am proud of your grade.	Well done - you worked hard, and your work improved.
You're not good at Maths, it doesn't matter, I wasn't either.	You haven't quite got it yet but carry on working hard, practise more and we'll speak to your teacher to help you improve.

Challenging Fixed Mindset language



Further information

<https://www.mindsetworks.com/parents/growth-mindset-parenting>

[BBC News Magazine Matthew Syed – The words that could unlock your child](#)

[Mind-shifting-guide_for_parents.pdf](#)

[Famous Failures](#)

[Carol Dweck – Mindset: The new psychology of success](#)

[Growth mindsets Dweck-praise-effort.pdf](#)

<https://hwb.gov.wales/search?query=growth+mindset&sort=relevance&strict=1>

Remember...

I can't do it...

I don't know how to do it...

I don't understand it...

It doesn't work...

I'm not good at this...

It doesn't make sense...

YET!