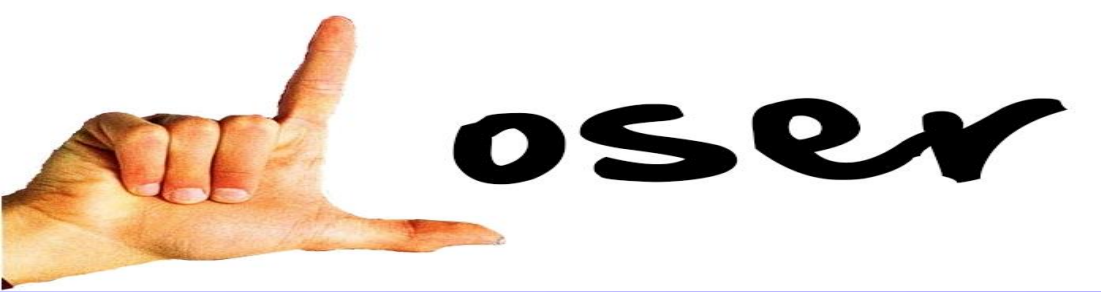


Growth Mindset

Mrs Shearer – Vice Principal

Mrs Reading – Head of Teaching & Learning



Think of one personal/ professional
success and one failure from this year



What is 'growth mindset' ?



In no more than seven words, can you explain what you think 'growth mindset' is?



Growth mindset in seven words or less



- ✓ That intelligence is not set in stone
- ✓ The belief that I can improve
- ✓ Knowing that my talent can be developed
- ✓ The knowledge that I can be better

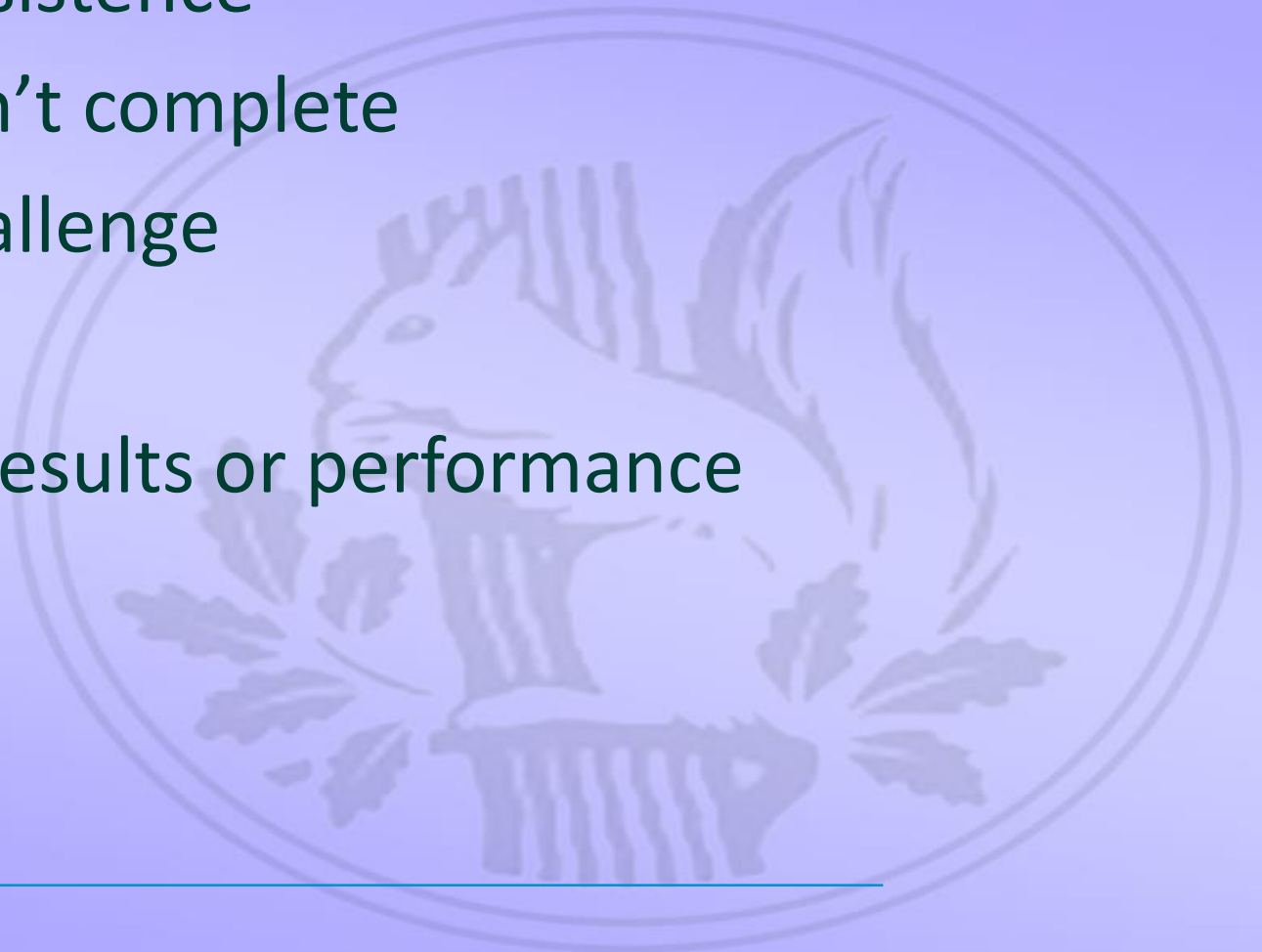


Fixed Mindset

NAF – Need to avoid failure



- Give up easily – low task persistence
- Slow to complete task or don't complete
- Seek situations with little challenge
- Avoid personal responsibility
- Don't want feedback about results or performance
- Need to achieve is low



Growth Mindset Need to Achieve



- They are all driven to achieve success
- They are all very competitive
- They seek challenges, take risks to succeed
- They don't give up easily – high task persistence
- Welcome feedback

Now go back to your examples of success and failure – be honest – which mindset did you have in each situation. Share it.

I got an E in one of
my A levels on the
first try. I did a
resit and got an A.
MISS TRICKEY

I quit learning to
drive after about 10 lessons
because I was rubbish at it. It
took me 8 years to work up
the courage to try again. I
passed in April 2016.

MISS LEAR

Some of our own examples

I had to learn how to be a
good father to my twins – I
had no idea what to do and
kept getting things wrong,
but I persevered for my
children - **MR MANLEY**

I really struggled with running;
over the last year and a half I
have given up and started
again so many times, but I can
now run 5k in 30 mins.

MRS PETTINATO

Intelligence/ability ...



Source: iStock, Andrew Rich



Source: Z Read

Are you born with it ... or ... can you develop it?

Growth mindset: what it isn't

- Anyone can do anything
- That ability doesn't matter
- Anti-competition
- Making people feel better about failing
- Simply telling pupils to 'try harder'
- A silver bullet
- A quick fix



Growth mindset: the benefits for students



- Seek out better feedback *(Mueller and Dweck, 1998)*
 - Stretch themselves *(Mueller and Dweck, 1998)*
 - Want to persist for longer *(Mueller and Dweck, 1998)*
 - Cope better with transitions *(Blackwell et al., 2007)*
 - Higher levels of grit *(Hinton and Hendrick, 2015)*
 - Better grades *(Dweck, 2008 and Paunesku et al., 2015)*
 - Less likely to drop out of school *(Paunesku et al., 2015)*
 - Reduced stress and aggression *(Yeager and Dweck, 2012)*
-

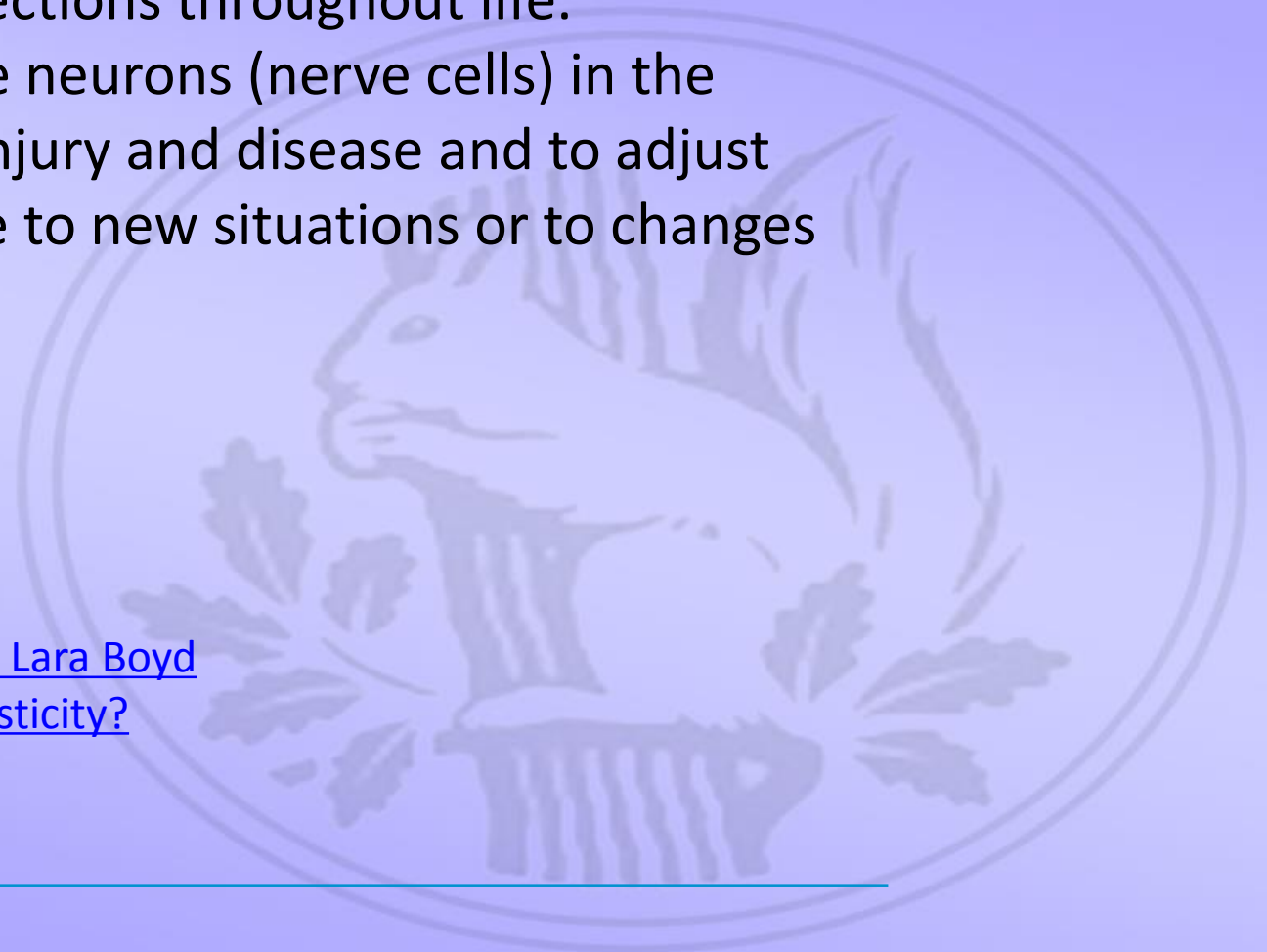
Neuroplasticity



Neuroplasticity: The brain's ability to reorganize itself by forming new neural connections throughout life.

Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment.

[YOUTUBE - TED Talk Lara Boyd](#)
[What is Neuroplasticity?](#)



Neuroplasticity



❖ Chemical

❖ Structural

❖ Functional

= changes in the brain



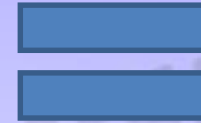
How does this apply to learning?
The brain **can be** trained and grows best
with **challenge**

Neuroplasticity – the brain's ability to form new connections,
perform better with...

Challenge



Practice



The Brain learns how to
manage change and failure
until you succeed.

..and this is what growth mindset is ...

What can you do as parents?

- The exciting thing about the **growth mindset** approach is that it is not just about ability. It focuses on what people *believe* about ability – and there are lots of ways that we can help our children to develop a **growth mindset**.
- Research has shown that Mindsets can be changed relatively quickly and there are plenty of things that parents and families can do to help. Here are a few tips and ideas that can help promote a **growth mindset** in children:

Set high expectations for your child:

Having high expectations works like a self-fulfilling prophecy. It shows that you believe they can do it, which in turn has a positive impact on their own beliefs, behaviour and outcomes.

Encourage children to be resilient and not give up, even when they find something difficult

The brain adapts to new information and practice by creating new connections: help your child to believe that challenge is a positive thing because it means they are growing their brains!

Celebrate mistakes!

The fear of making mistakes and associated shame can stop children from giving something a go. Try to embrace these mistakes and **use them as learning opportunities**, rather than feeling embarrassed about them.

Use inspirational role models:

Think about your child's favourite athlete, musician or teacher and talk about their journey to success. We call this **unravelling the talent myth**. If someone has done well we have a tendency to think they were born that way: show them this is not the case. Rather than focusing on somebody's 'natural talents', focus on their early efforts, strong work ethic, and the mistakes and learning that led them to where they are now.

How can the way I praise my child help develop a Growth Mindset?

- Be careful about the *kind* of praise we use - even positive praise can encourage a **fixed mindset**
- Understanding how they got there is key
- This focus on being good at something might lead to children feeling happy in the short-term, but confused when the reason they were praised is not evident. If children believe that they succeeded in something simply because they are gifted, they can end up re-evaluating their abilities if it doesn't go as well next time.
- Instead the grown-ups around the child can focus praise on the **effort they've made** to get to that point of triumph, the **strategy they used** or the **outcome** itself

Praising our children by saying things like "you're a natural!" without discussing how they got to that point can lead to the belief that being good at something is out of their control

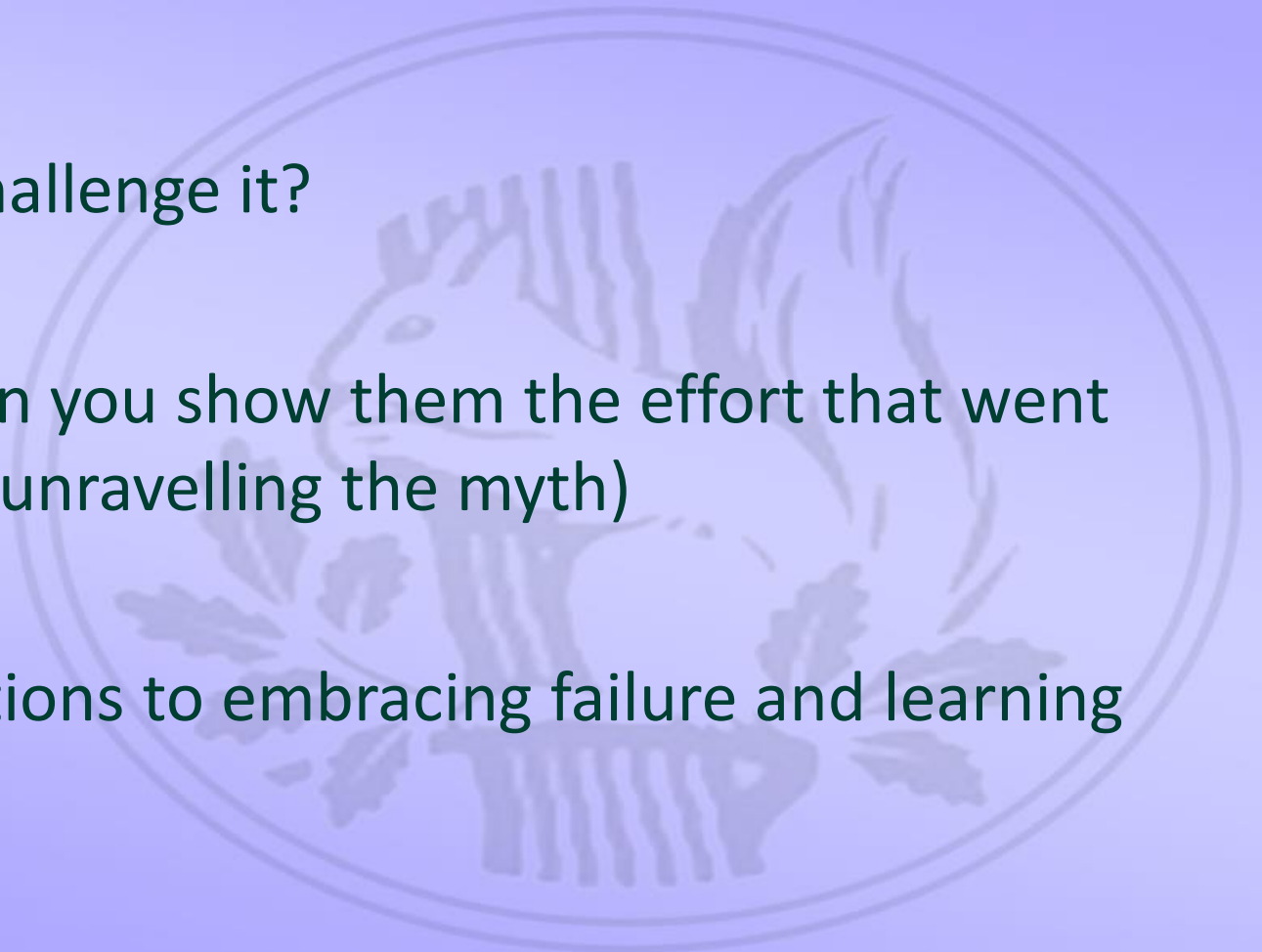
Say things like "you've worked so hard on this, well done!" or "you get better every time because of all the practise you've been doing" or "you have found a great way to do that, it worked out really well".

How can the way I praise my child help develop a Growth Mindset?

- It's never too late to **change our mindsets**: anyone can develop a **growth mindset**.
- The trick is to be open with children. If you are going to change the way you praise your child or the type of behaviours that you encourage, let them know why you are doing it. Tell them all about Growth Mindset.

Reflect on your own child in Year 7

- Has she / she already decided they are good at certain subjects/ skills in life and not good at others?
- Do you encourage this view or challenge it?
- Who do they look up to? How can you show them the effort that went into the success/ achievement? (unravelling the myth)
- How can you harness their ambitions to embracing failure and learning from it?



Instead of...

My work doesn't look good

I give up

That's good enough

I can't do any more

This is too hard

I made a mistake

I've got the answer so I'm finished

My friend can do it

I can't do it

Try saying...

What can I add to my work?

I'll try a different strategy

Is this my best work?

I can always improve

This will take some time

Mistakes help me learn

Is there another way I could have solved it?

I could learn from them

I can't do it YET!!!



So what about Fullbrook? What has the school been doing to encourage a Growth Mindset in students?

Growth Mindset
merits

Growth Mindset
language on display
around the school

Growth Mindset 'brain'
in the main hall

A mini version of the hall
display is in every
classroom and on all
tutor boards

Assembly delivered to all
students on Growth
Mindset

Handouts for students'
planners on words/
phrases to use when
learning

A survey has been sent to all students to complete
about their current attitude/ mindset

"I missed more than 9000 shots in my career. 26 times I was trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

-- Michael Jordan



Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill

www.ekaterinawalter.com

@ekaterina

