

Growth Mindset Parents Workshop

What is meant by Growth Mindset and
why is this a focus at Lyng CE Primary?

What do the children say?

How can parents support?

What is meant by Growth Mindset ?

Growth Mindset is a theory developed by Dr Carol Dweck

There are 2 kinds of mindset:

fixed mindset

growth mindset



Mindset:	Fixed	Growth
Your belief:	Intelligence is a fixed trait	Intelligence is cultivated through learning
Your priority:	Look smart, not thick	Become smarter, through learning
You feel smart:	Achieving easy, low effort successes and outperforming others	Engaging fully with new tasks, exerting effort, stretching and applying skills
You avoid:	Effort, difficulty, setbacks, higher-performing peers	Easy, previously mastered tasks

The problem isn't the problem.

The problem is your attitude about the problem.

Do you understand?

~CAPTAIN JACK SPARROW

The *Big Ideas* of Growth Mindset

- The brain is malleable, not fixed
- Talents and abilities can be developed
- Failure presents learning experiences and should be embraced
- Success is a result of effort and persistence
- Feedback is essential to growth
- Praise should be centered on hard work and effort, rather than skill or talent

Dweck's research shows that children's beliefs about intelligence play an important role in their school achievement, engagement, and happiness.

In the face of difficulty, students holding fixed mindsets are likely to say:

"I'm not clever enough to do that."

"I'm no good at maths."

"I can't remember things very well"

"I should have chosen the easier activity."

In the face of difficulty, students holding growth mindsets are likely to say:

"The harder it gets, the harder I need to try."

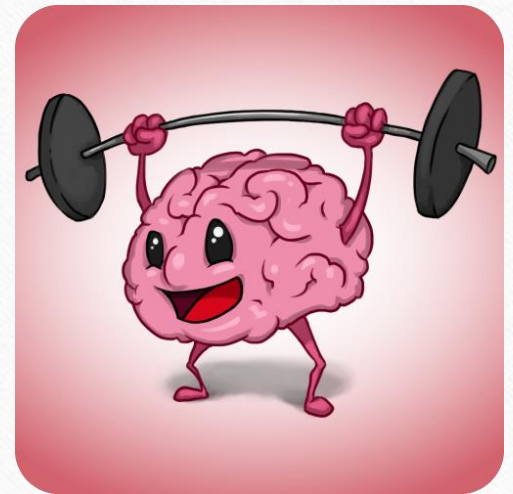
"I should slow down and try to work this out."

"I LOVE a challenge!"

"If I make a mistake, I can try a different way."

When people first learn about growth mindset, some think it means to believe that “you can succeed if you just try harder.”

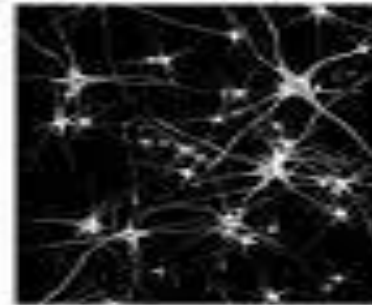
There's more to it than that. For children to have a growth mindset, they should understand that trying harder through effort and determination not only helps them succeed at the current task but also helps them to improve and succeed in the future by strengthening their brain.



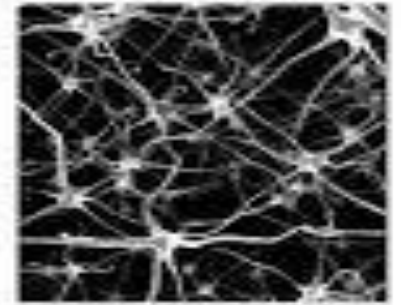
Research indicates that you can grow your brain

The brain can be developed like a muscle.

Growth of neuron connections in a child from birth to 6 years old

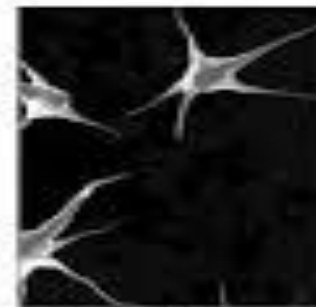


At birth

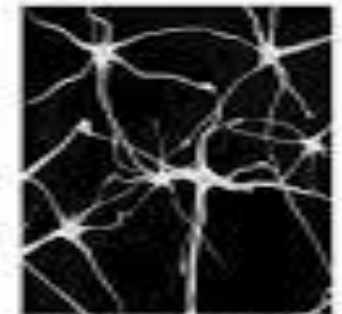


At age 6

Effect of an enriched environment

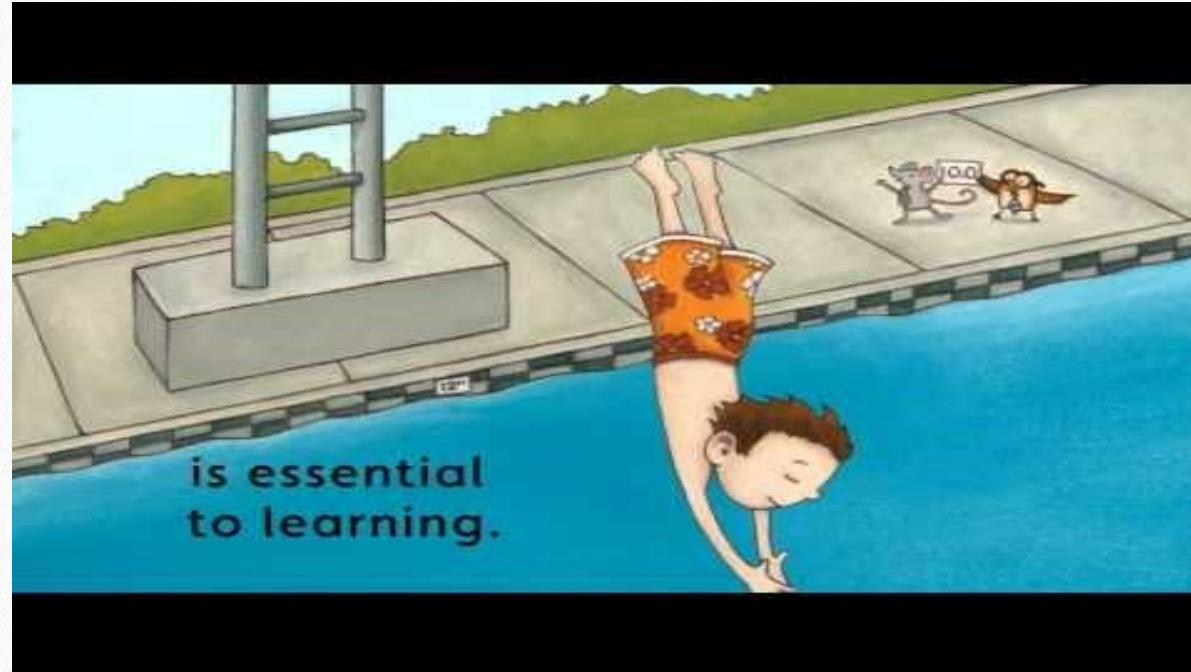


Nerves in brain of animal living in bare cage



Brain of animal living with other animals and toys.

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We believe this has impacted on the children's attitudes to learning.
What do the children say?

Let me try and see.

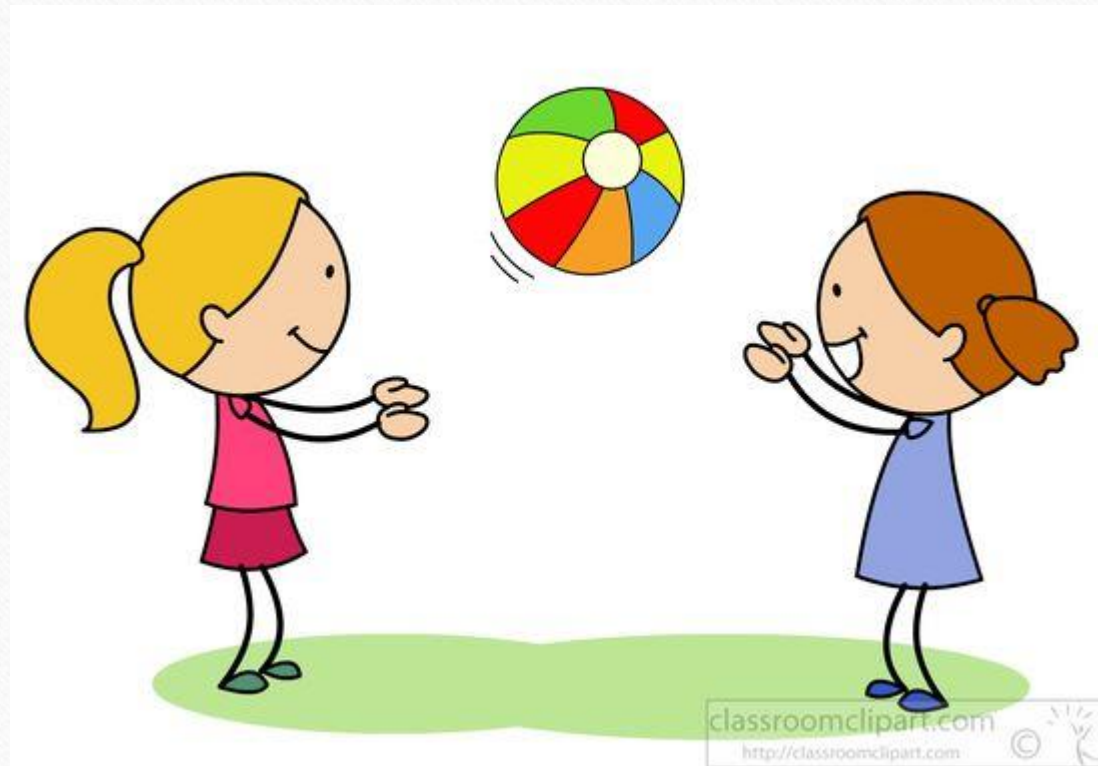
I think I might have another go.

There were obstacles in the way but I got there in the end.

What Can I Say To Myself?

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

Supporting children to improve and develop a growth mindset:
encouraging steps of improvement.





How do we encourage pupils' Growth Mindset in school?

Introducing the 'learning brain'

High expectations

Focus on individual progress

Self belief

Positive thinking

You can improve

Practice

Have another go, try again

Persevere

Your best effort

Mistakes are expected as part of the learning process

Feedback on the 'process' and next steps.

The power of 'Yet'.

How can you help at home?

- ✓ Notice your child's' good efforts and strategies
- ✓ Encourage practice
- ✓ Praise the process- link the results of an activity to your child's efforts.
- ✓ Talk explicitly and in detail about the strategies or skills your child has used. Comment on which strategies were helpful, and which were not.
- ✓ Ask your child to explain his or her work to you.
- ✓ Work things out together.
- ✓ Embrace failures and mistakes as an opportunity to learn.
- ✓ Help your child to understand that the brain works like a muscle.

How can you help at home?

Model growth mindset language when you support your child in your learning.

- ✓ *You are not there, yet.*
- ✓ *Let's stop here and try again with a fresh brain tomorrow.*
- ✓ *You might find it tricky now, but I can see you are making progress.*
- ✓ *Have another try ... you'll improve with practice.*
- ✓ *Which part did you get wrong/ find difficult?- let's look at that again.*
- ✓ *What's shall we do as a first step?*
- ✓ *You have been working on this - well done for persevering- you are getting there.*
- ✓ *Let's ask ... for advice. They might explain a new way.*
- ✓ *Well done, with determination you have improved.*
- ✓ *I expect mistakes because you're learning something new.*

Be aware of your own mindset.

Show your child you...

Keep trying, even when something is hard

Ask for help

See mistakes as a chance to learn

Are eager for new challenges

I can't do it.....yet!

