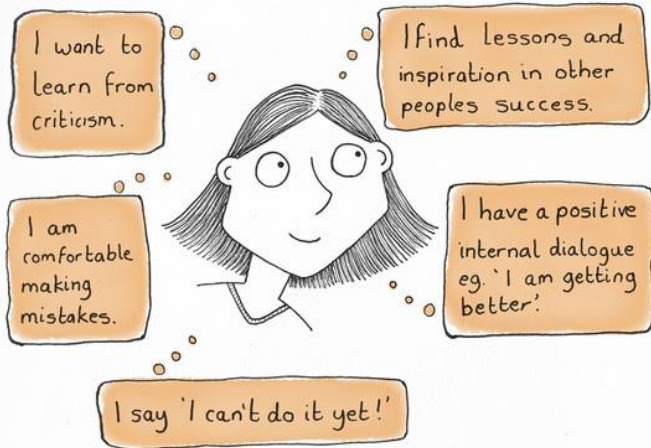


# GROWTH MINDSET

THE BELIEF THAT WE CAN WORK HARD AND IMPROVE.



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## Characteristics of a learner with a growth mindset

PERSEVERANCE, STICKABILITY, EFFORT  
BOUNCE-BACK-ABILITY, RESILIENCE  
LEARNABILITY

CAN 'BECOME' GOOD AT LEARN FROM MISTAKES  
SELF BELIEF CHALLENGE SELF AWARENESS  
POSITIVE ATTITUDE, DRIVE, DETERMINATION,

## Growth mindset learning strategies

STEP BY STEP HAVE A GO I'LL TRY THIS WAY  
TALK THROUGH THINK -WHEN I DID THIS BEFORE  
FIND A WAY PRACTISE CHOOSE A STRATEGY,  
MAKE A PLAN THINK -WHO CAN HELP?

## Do's:

- 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.

## Don'ts:

- Avoid offering praise if your child hasn't had to make any effort to complete a task.
- Don't inflate praise, particularly if your child struggles with learning- it becomes 'empty' praise.
- Don't let your child feel ashamed of experiencing difficulties. Instead, treat each challenge as an opportunity for learning.
- Avoid saying, "You are so clever." in response to good work. Instead, praise the work your child has done (e.g., "Your handwriting is very clear" or "Your homework is very detailed").
- Avoid comforting your child following a failure by telling them that not everyone can be good at everything. Instead try suggesting something like, 'what could you do next time'?

