

GROWTH MINDSET

"I can't do it ... YET!"

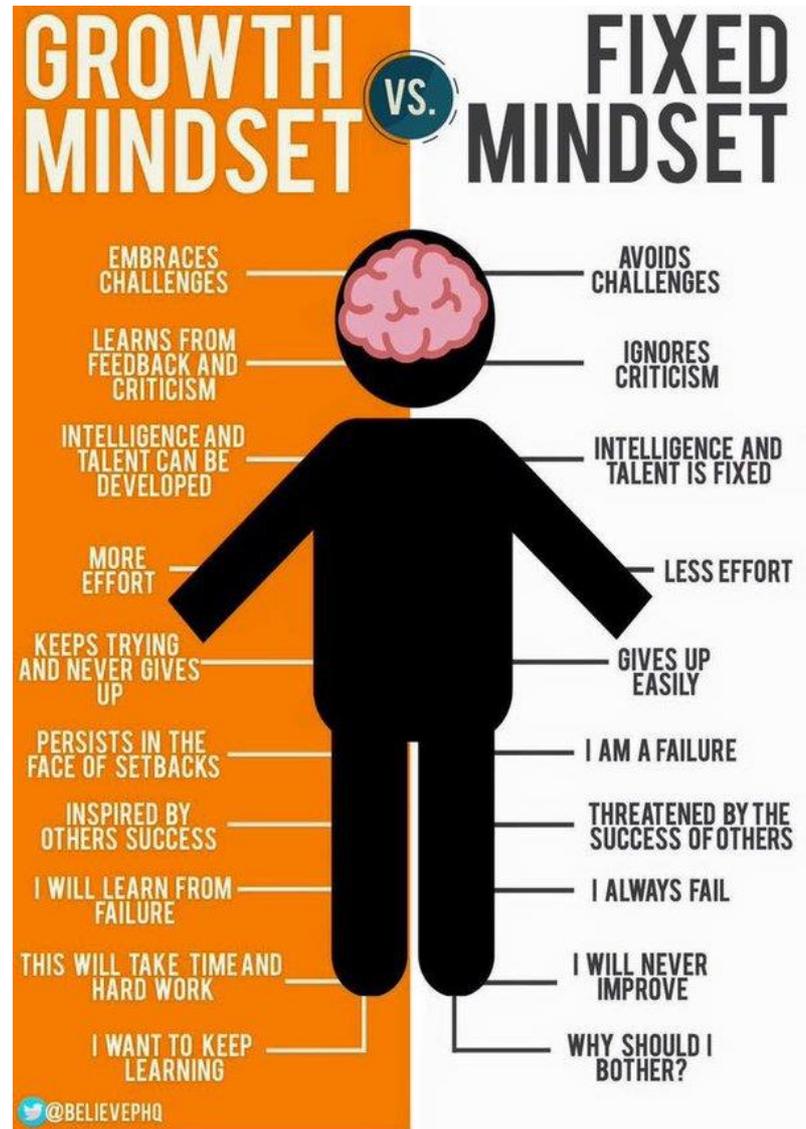
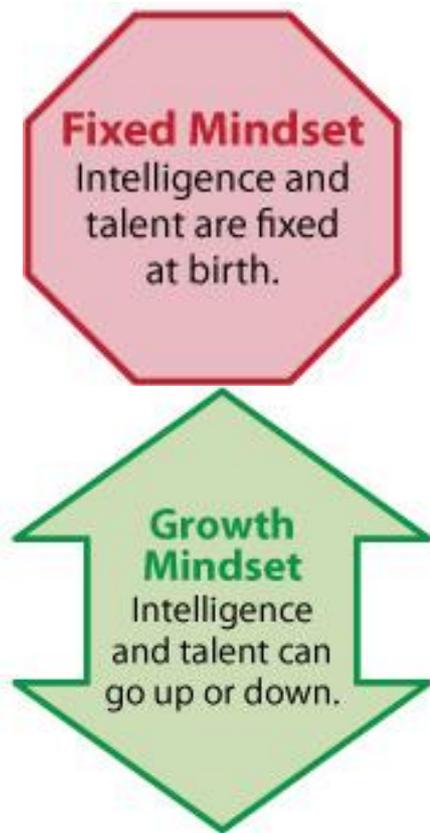
At Portway Junior School, we are encouraging all children to develop a Growth Mindset and we need your help!

Children with a Growth Mindset:

- Are better able to cope with challenge
- Have higher achievement levels
- Have a positive relationship with learning
- Are more independent, active and confident
- Like learning from their mistakes and know that practice helps them to continue to improve

**“I haven't
FAILED.
I've just found
10,000
ways that
WON'T WORK”**
-THOMAS EDISON

GROWTH MINDSET vs. FIXED MINDSET



How can I help my child to develop a Growth Mindset?

5 key things ...

1. Talk about the effort you put in when you want to improve at something. Praise effort, practice, skills, resilience and grit!
2. Avoid the language of 'talent' and 'gifts'.
3. Acknowledge that it's ok to make mistakes... it's how you learn from them.
4. Encourage effort that children put into tasks / achieving targets. Don't encourage them to compare themselves with others.
5. Know the power of YET! "I can't do it ... YET!" is a powerful Portway phrase that reminds us of all that we can achieve if we keep working!

What do these mindsets look like?

FIXED MINDSET

THE BELIEF THAT YOUR POTENTIAL WAS DETERMINED AT BIRTH.



Questions you can ask ...

What happened today that made you keep on going?

What will you do to challenge yourself today?

What will you do to improve your work?

What will you do to solve the problem?

What can you learn from this?

What mistake did you make that taught you something?

What strategy or approach are you going to try now?

What Carol Dweck says

Carol Dweck, a professor at Stanford University, has carried out extensive research into the positive effects of having a Growth Mindset on anyone wanting to improve their skills/work. She says ...

"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence."

GROWTH MINDSET

THE BELIEF THAT WE CAN WORK HARD AND IMPROVE.



Think about the language you use:

GROWTH MINDSET

“When you learn how to do a new kind of problem, it grows your maths / English brain.”

“If you catch yourself saying ‘I’m not a maths / English / PE person’, just add the word YET to the end of your sentence!”

“That feeling of maths / English / anything being hard, is the start of your brain growing.”

“The point isn’t to get it all right. The point is to grow your understanding step by step. What can you try next?”

FIXED MINDSET

“Not everyone is good at maths / English. Just do your best.”

“That’s okay, maybe maths / English / PE is not one of your strengths.”

“Don’t worry, you’ll get it if you keep trying.”
If children are using the wrong strategies they might not get anywhere or achieve anything. Sometimes a new approach is needed.

“Great effort. You tried your best.”

Don’t expect less than the absolute best effort from your children.

Websites & recommended reading:

<http://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things>

‘The Effect of Praise on Mindsets’ Carol Dweck (Type that straight into Google!)

<http://maryschmidt.pbworks.com/f/Perils+of+Praise-Dweck.pdf>

Mindset (book) By Carol Dweck. (can be ordered from Amazon or Waterstones)