

Growth Mindset Talk

I can learn anything I want to.

I can do it.

I can get better.

When I'm frustrated, I persevere.

I want to challenge myself.

It is OK to make mistakes.

When I fail, I learn.

I can keep trying.

I learn from criticism and follow advice.

I like to be told that I'm trying hard.

Trying hard makes me feel proud.

If you succeed, I'm inspired.

I am happy for my friends
when they do well.

My effort and attitude
determine everything.

I can be a genius.



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What Is a Growth Mindset?

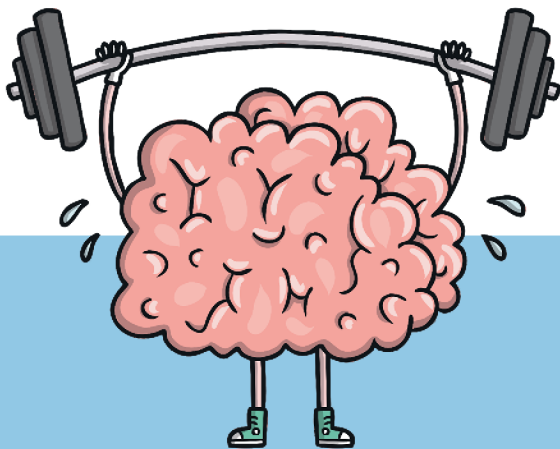
Information for Parents
and Carers

What Is a Growth Mindset?

Previous learning theories used to say that no matter how much you learnt or how hard you worked, your intelligence would stay the same. However, in 2008 scientists found that it is not the level of intelligence you are born with that matters; it's your mindset.

The distinguishing feature of geniuses is their passion and dedication to their craft, and particularly, the way in which they identify, confront, and take pains to remedy their weaknesses (Good, Rattan, & Dweck, 2008).

Carol Dweck theorised that there are two mindsets. A Fixed Mindset, meaning you believe your intelligence is a fixed trait, and a Growth Mindset, meaning you believe that intelligence is a quality that can be changed and developed.



Three Steps to Developing a Growth Mindset.

Mindset Step 1: Learn, learn, learn!

Every time you work hard, stretch yourself and learn something new, your brain forms new connections and over time you actually become smarter.

Mindset Step 2: Realise hard work is key.

Putting a lot of effort into learning and working hard is essential for growth. Basically, the more effort you put into something, the better you'll become at it.

Mindset Step 3: Face your setbacks.

Think of each mistake as a positive learning experience. Firstly, recognise a setback and then begin to troubleshoot what caused it. Listen to other people's advice and research and reflect on how to avoid making the same mistake again. Finally, apply what you have learned by attempting the problem again with a new approach, making sure to put in even more effort than you did the last time!

Remember to...

Focus on effort, struggle and persistence despite setbacks.

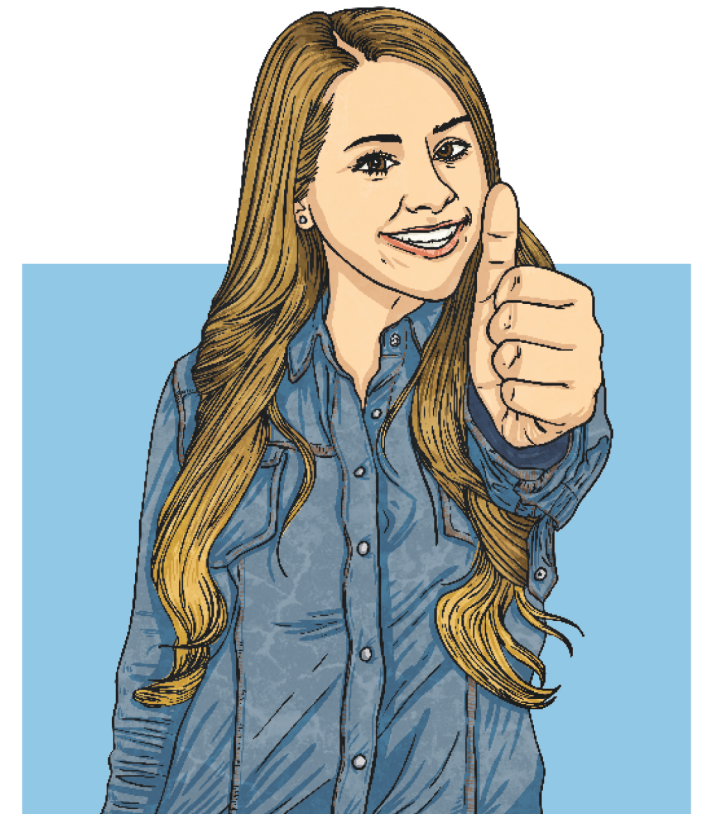
Choose tasks that will challenge you.

Find strategies and problem solve.

Reflect on different approaches that work and don't work for you.

Look towards learning and improving.

Commit to your work.



How Can You Help With This at Home?

The good news is that mindsets can be changed! This approach may be helpful in many areas of our lives, and not just school. As you can imagine a key part of developing a Growth Mindset is in hearing consistent messages from everyone involved. Receiving Growth mindset messages at home will no doubt help to further embed these beliefs in your child. This is how you can help:

- Praise effort, perseverance, motivation and strategies
 - Well done your learning to.
 - You're finding it hard? Good - it's making you think - that's how your brain is growing!
 - Every time you practice it is making the connections in your brain get stronger
 - Be brave! Have another go! Maybe this time you could.
 - You've worked hard on this and succeeded because.
 - Mistakes are good. learn from it and think what to do next time
- Show an interest and ask open ended questions:
 - Tell me about it, show me more
 - How did you do that?
 - How many ways did you try before it turned out the way you wanted it?
- Encourage your child to take a risk:
 - Gently nudge your child to push themselves and see challenge as a positive part of their learning
 - Where possible encourage them to try things that are 'just out of reach'
 - Offer small but achievable challenges at home - don't make everything too easy
 - Remember we don't learn many new things when we are in our comfort zone
- Try to model a Growth Mindset Yourself:
 - Let your child know when you find something tough and talk through this
 - Try not to talk about yourself in a fixed mindset way e.g. 'I was just rubbish at maths at school and that was it'. this leads them to think the future is pre-determined.
- Don't sweat the small stuff!
 - Accidents and mistakes happen - encourage your child to not be scared of these.
 - Talk about what works and doesn't - learn together
 - When you do learn from a mistake - celebrate this!