

## Growing a Growth Mindset at home

### **Get curious about your child's learning through questions**

- *How did you figure that out?*
- *What's another way you could have done that?*
- *How many times did you try before it turned out that way?*
- *What could you try differently next time?*

### **Help children to develop their growth mindset 'voice'**

- Yet!
- *I get better and better with practise, this is hard, but it will get easier*
- *I don't quite understand this, yet!*

### **Avoid labels and give growth mindset praise**

- *Don't label yourself in ways that model a 'fixed mindset' (e.g. I'm a terrible cook....I was never good at Maths)*
- *Praise and value effort, practise, self-correction and perseverance*
- *Don't shelter your child from a failed task. Ask "What can you learn from this experience? What could you try differently next time?"*

### **Help children get curious about mistakes**

Help them reframe a mistake as new information or as a step in the process of learning. In addition, help them incorporate self-correction in their own learning process

### **Help children to learnt to hear their own fixed mindset 'voice'**

Some children don't even realise how fixed their mindset can be. Carefully, share their own statements with them. Discuss their opinions and attitudes.

- *"The other children are amazing; they never try and they always get it"*
- *"I got it wrong again, I'll never get this"*

### **Help children reconnect with a time when they learned something new (or yourselves) that was a stretch or a challenge**

Point out the developmental nature of 'getting good' - we all go through the process of making a lot of mistakes, practicing and then getting better.

## Golden Learning Behaviours

Teamwork  
Persevere  
Focus  
Self-help

Love a challenge  
Love learning  
Believe in yourself

| <p style="text-align: center;"><b>Fixed Mindset</b></p>   | <p style="text-align: center;"><b>Growth Mindset</b></p>   |
|--|---|
| <p style="text-align: center;"><b>Instead of:</b></p> <p style="text-align: center;">I'm not good at this.<br/>I'm awesome at this.<br/>I give up.<br/>This is too hard.<br/>I can't make this any better.<br/>I just cant do Maths.<br/>I need a mistake.<br/>She's so smart, I will never be that smart!<br/>It's good enough.<br/>Plan 'A' didn't work.</p>     | <p style="text-align: center;"><b>Try thinking:</b></p> <p style="text-align: center;">What am I missing?<br/>I'm on the right track.<br/>I'll use some of the strategies I've learned.<br/>This may take some time and effort.<br/>I can always improve so I'll keep trying.<br/>I'm going to train my brain in Maths.<br/>Mistakes help me to learn better.<br/>I'm going to figure out how she does it.<br/>Is it really my best work?<br/>Good thin the alphabet has 25 more letters!</p> |
| <p><b>Priority</b></p> <ul style="list-style-type: none"> <li>• Prove myself.</li> <li>• To succeed, especially with little effort, as this proves that I am clever and / or able.</li> <li>• Avoid failure of any sort, as this proves I have low ability levels.</li> </ul>  | <p><b>Priority</b></p> <ul style="list-style-type: none"> <li>• Improve myself.</li> <li>• To learn through challenge, as this will help me to grow my talents.</li> <li>• Seek interesting challenges that will stretch and help me to learn.</li> </ul>   |
| <p><b>Attitude to Challenging Learning</b></p> <ul style="list-style-type: none"> <li>• Challenge should be avoided.</li> <li>• Difficulties will mean I am not as clever as I thought.</li> <li>• Failure means I'm stupid or incapable.</li> </ul>   | <p><b>Attitude to Challenging Learning</b></p> <ul style="list-style-type: none"> <li>• Challenge will help me learn.</li> <li>• Difficulties are an inevitable part of the learning process.</li> <li>• Failure means I need to adapt my strategies</li> </ul>   |
| <p><b>I apply myself when there is . . . .</b></p> <ul style="list-style-type: none"> <li>• An opportunity to show off my strengths.</li> <li>• A good chance of getting everything right.</li> <li>• Very little risk of failure.</li> </ul>  | <p><b>I apply myself when there is . . . .</b></p> <ul style="list-style-type: none"> <li>• An opportunity to learn new insights or skills.</li> <li>• Enough challenge to stretch me.</li> <li>• An opportunity to try something new.</li> </ul>   |
| <p><b>Response to challenge or failure</b></p> <ul style="list-style-type: none"> <li>• Blame myself or, to protect my ego, someone else.</li> <li>• Feel inferior</li> <li>• Trying guessing the answers or copy others.</li> <li>• Learned helplessness – believe I'm incapable</li> </ul>   | <p><b>Response to challenge or failure</b></p> <ul style="list-style-type: none"> <li>• There is no blame – I just want to know how to do it better next time.</li> <li>• Feel inspired to have a go.</li> <li>• Try various problem-solving strategies.</li> <li>• Seek advice, support or new strategies.</li> <li>• Grit and resilience in the face of difficulty</li> </ul>   |
| <p><b>Mottos</b></p> <ul style="list-style-type: none"> <li>• Either you're good at something or you're not.</li> <li>• If you're really good at something, you shouldn't need to try.</li> <li>• If you have to try, you must be stupid.</li> <li>• Don't try too hard; that way you've got an excuse if things go wrong.</li> <li>• No pain, no pain!</li> </ul> | <p><b>Mottos</b></p> <ul style="list-style-type: none"> <li>• Success comes with application.</li> <li>• No matter how good you are at something, you can always improve.</li> <li>• If you have to try, you must be learning.</li> <li>• Always try hard; that way you've more chance of more success.</li> <li>• No pain, no gain!</li> </ul>   |
| <p><b>Growth Mindsets : Further Reading</b></p> <p><b>For grown-ups:</b></p> <p>'Mindset: The New Psychology of Success', Carol Dweck</p> <p>'Mindset: How You Can Fulfil Your Potential', Carol Dweck</p> <p>'Growth Mindset Pocketbook', B. Hymer &amp; M. Gershon</p>   | <p><b>Growth Mindsets : Further Reading</b></p> <p><b>For sharing with children:</b></p> <p>'Your Fantastic Elastic Brain', J. Deak &amp; S. Ackerley</p> <p>'I Can't do This', K.J. Walton</p> <p>'The Dot', Peter H. Reynolds</p> <p>'Ish', Peter H. Reynolds</p> <p>'Ryan the Spy and: The Superhero Secret', Jason Rago</p> <p>'Rosie Revere, Engineer', Andrea Beaty</p>   |

### Growth Mindset Quiz

|  | Strongly Agree | Agree | Disagree | Strongly Disagree |
|--|----------------|-------|----------|-------------------|
| 1. Your intelligence is something very basic about you that you can't change very much.            |                |       |          |                   |
| 2. No matter how much intelligence you have, you can always change it quite a bit.                 |                |       |          |                   |
| 3. You can always substantially change how intelligent you are.                                    |                |       |          |                   |
| 4. You are a certain kind of person, and there is not much that can be done to really change that. |                |       |          |                   |
| 5. You can always change basic things about the kind of person you are.                            |                |       |          |                   |
| 6. Music talent can be learned by anyone.  |                |       |          |                   |
| 7. Only a few people will be truly good at sports – you have to be “born with it.”                 |                |       |          |                   |
| 8. Math is much easier to learn if you are male or maybe come from a culture who values math.      |                |       |          |                   |
| 9. The harder you work at something, the better you will be at it.                                 |                |       |          |                   |
| 10. No matter what kind of person you are, you can always change substantially.                    |                |       |          |                   |
| 11. Trying new things is stressful for me and I avoid it.  |                |       |          |                   |
| 12. Some people are good and kind, and some are not – it's not often that people change.           |                |       |          |                   |
| 13. I appreciate when parents, coaches, teachers give me feedback about my performance.            |                |       |          |                   |
| 14. I often get angry when I get feedback about my performance.                                    |                |       |          |                   |
| 15. All human beings are capable of the same amount of learning.                                   |                |       |          |                   |
| 16. You can learn new things, but you can't really change how intelligent you are.                 |                |       |          |                   |
| 17. You can do things differently, but the important parts of who you are can't really be changed. |                |       |          |                   |
| 18. Human beings are basically good, but sometimes make terrible decisions.                        |                |       |          |                   |
| 19. An important reason why I do my school work is that I like to learn new things.                |                |       |          |                   |
| 20. Truly smart people do not need to try hard.  |                |       |          |                   |

## Results

|  | Strongly Agree     | Agree | Disagree | Strongly Disagree |
|--|--------------------|-------|----------|-------------------|
| 1. ability mindset – fixed   | 0                  | 1     | 2        | 3                 |
| 2. ability mindset – growth  | 3                  | 2     | 1        | 0                 |
| 3. ability mindset – growth  | 3                  | 2     | 1        | 0                 |
| 4. personality/character mindset – fixed   | 0                  | 1     | 2        | 3                 |
| 5. personality/character mindset – growth  | 3                  | 2     | 1        | 0                 |
| 6. ability mindset – growth  | 3                  | 2     | 1        | 0                 |
| 7. ability mindset – fixed   | 0                  | 1     | 2        | 3                 |
| 8. ability mindset – fixed   | 0                  | 1     | 2        | 3                 |
| 9. ability mindset – growth  | 3                  | 2     | 1        | 0                 |
| 10. personality/character mindset - growth   | 3                  | 2     | 1        | 0                 |
| 11. ability mindset – fixed  | 0                  | 1     | 2        | 3                 |
| 12. personality/character mindset – fixed  | 0                  | 1     | 2        | 3                 |
| 13. ability mindset –growth  | 3                  | 2     | 1        | 0                 |
| 14. ability mindset – fixed  | 0                  | 1     | 2        | 3                 |
| 15. ability mindset – growth   | 3                  | 2     | 1        | 0                 |
| 16. ability mindset – fixed  | 0                  | 1     | 2        | 3                 |
| 17. personality/character mindset – fixed  | 0                  | 1     | 2        | 3                 |
| 18. personality/character mindset –growth  | 3                  | 2     | 1        | 0                 |
| 19. ability mindset – growth   | 3                  | 2     | 1        | 0                 |
| 20. ability mindset – fixed  | 0                  | 1     | 2        | 3                 |
| <b>Total</b>   |                    |       |          |                   |
| Strong Growth Mindset = 45 – 60 points<br>Growth Mindset with some Fixed ideas = 34 – 44 points<br>Fixed Mindset with some Growth ideas = 21 – 33 points<br>Strong Fixed Mindset = 0 – 20 points | <b>Grand Total</b> |       |          |                   |