

GROWTH MINDSET

What is growth mindset?

Growth mindset describes a way of approaching life that recognises that hard work and resilience help children and adults to overcome life's challenges and setbacks.

It acknowledges that people who find success in whatever they undertake are hardworking people who have chosen to take their abilities to the next level, rather than being 'lucky' or 'just find things easy.'

There is a large amount of research to support how using the growth mindset approach can make a positive difference to children not only now but also in adult life.

YOU HAVE ONLY
FAILED IF YOU
HAVE GIVEN UP.

UNTIL THEN, IT'S
LEARNING.

'WHETHER YOU THINK
YOU CAN OR
THINK YOU CAN'T -
YOU ARE RIGHT.'

HENRY FORD

How does developing a growth mindset help children in their lives?

Children and adults who **believe their abilities can be improved by practise and hard work** are more likely to **embrace challenges and persist despite failure.**

EVERY
MISTAKE YOU
MAKE IS
PROGRESS

'THE MORE I
PRACTISE, THE
LUCKIER I GET.'

GARY PLAYER,

At school, staff continually model a growth mindset approach in the way that they interact with other adults and with children, to help children value mistakes as a learning experience and to 'bounce back' after setbacks.

Pupils have been involved in creating displays to support the use of growth mindset. Class 4's growth mindset display is shown below.



Want to find out more? Google: 'growth mindset' or Professor Carol Dweck.