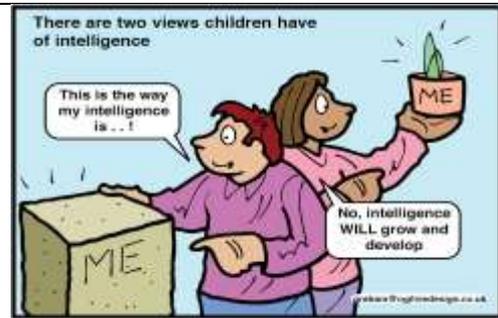


# Growth Mindset



Mindset focuses on what we believe about how we learn and how we can be successful. Mindset can change dependent on the activity and we may find we can have a growth mindset in one area of our life and become fixed in other areas.

We have been teaching your child about how we learn and how important learning habits such as creativity, independence, curiosity, determination and working in collaboration with others are to their learning.

*'I have not failed. I've just found a thousand ways that don't work.'*  
Thomas A Edison

*"Intelligence is not a fixed quality, determined at birth by one's genes. Rather, it is a variable that can be developed at every stage of life."*  
(Reuven Feuerstein)

*"The hall mark of successful individuals is that they love learning, they seek challenges, they value effort and they persist in the face of obstacles"*  
Carol Dweck

## Fixed Mindset

Believes: Intelligence is **CARVED IN STONE**  
Intelligent people shouldn't have to **WORK HARD**  
Failure reflects a **LACK of INTELLIGENCE**



## Growth Mindset

Believes: Intelligence is **MALLEABLE**  
Learning requires **HARD WORK** and **EFFORT**  
**ALL** individuals **CAN LEARN** and improve  
We **CANNOT MEASURE** a person's **POTENTIAL**



## What if the child didn't do well?...

I like the effort you put in, but lets work together on the bits you didn't understand

Everyone learns things at a different rate but if you keep trying like this you will get there

Everyone learns in a different way let's keep trying to find the one that works for you

## How to praise

I liked the way you tried different strategies on that problem

I enjoy watching you stretch yourself and trying to learn more challenging things

That picture has so many beautiful colours in it. Tell me about them.

You put so much thought into this story, I really could see all the settings and characters clearly

## How you can help at home

Encourage your children to carry on with a task and not give up especially if it is challenging because struggle is good. Try not to rescue your child from difficulty because they will learn more about themselves as learners in the struggle than if you try and make things better. Turn over for some more ideas of how to support your child's attitude to learning at home.

## What to praise

- Effort, motivation, struggle and persistence despite set backs
- Strategies and choices
- Choosing difficult and challenging tasks
- Learning, improving



## **A Few Mind Shifting Tips for Cultivating a Growth Mindset at Home**

### **1. Help children reconnect with a time when they learned something new 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.

### **2. 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.

### **3. Help children learn to hear their own fixed mindset “voice”**

Capture and, in a gentle and appropriate way, share their own statements with them. Most children are unaware of this self-talk because it has gone on so long and is subliminal.

- *That guy is brilliant; he never tries and he gets it.*
- *I got it wrong again, I'll never get this.*

### **4. Help children talk back to negative self-talk with a growth mindset voice (i.e. give them language)**

- *I am willing to learn new skills to improve, and I know it will hard at times.*
- *I get better and better with practice, this is hard, but will get easier. Practice makes permanent.*

### **5. Model growth-mindset at the table**

- *At dinner:* Tell your child about a time when you didn't know the answer to a recent question. Who did *you* ask for help? How did *you* learn the answer?
- *At breakfast:* Ask questions about their opportunities for learning and growth in the coming day or week. What questions do they need answers to? What do they want to learn, practice, and/or get better at today/this week?

### **6. 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 math.*)

#### **Be specific**

- Shift your child's attention to process that led to outcome. (i.e., cause effect)
- Praise and value effort, practice, self-correction, and persistence.
- Don't shelter your child from a failed task. Ask “*What can you learn from this experience? What could you try differently the next time?*”

### **7. Get curious about your child's work through questioning**

- *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 here was challenging and how did you figure it out? What do you plan to do next time?*