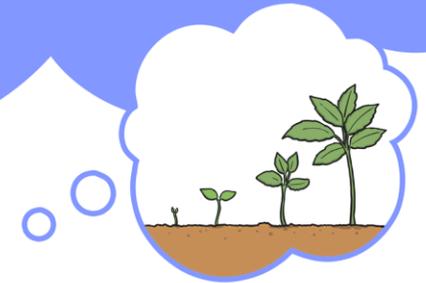
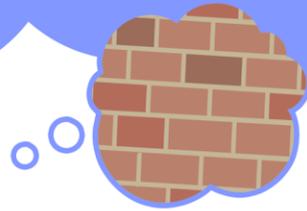


## Growth Mindset

If you have a growth mindset, you believe that with **work, practice, and perseverance**, you can improve – whether it's your academic performance, or any other skill. (Those with the opposite, a fixed mindset, believe that our intelligence and talents are predisposed, and either you were born with it or not.)

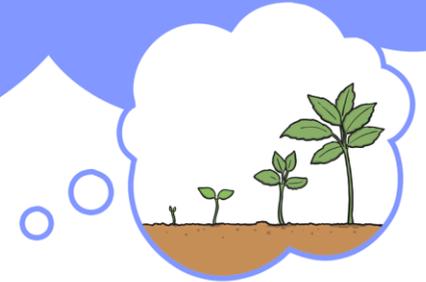
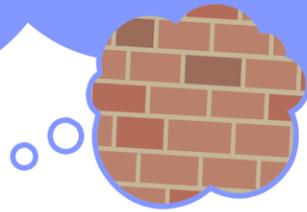
Thanks to the work of Stanford University's Carol Dweck, we know that those who hold these beliefs can actually improve more than those with a fixed mindset, which is what makes it so essential for our pupils!

# HOW YOU CAN HELP FOSTER A GROWTH MINDSET AT HOME:



**1. Pay attention** and verbally praise children for skills that don't sound predetermined: hard work, persistence, rising to a challenge, learning from a mistake, etc., rather than being "smart", "brilliant" or "gifted". Recently some boys sang us a song they had practised together, and said they had to do it 10 times to get it right. We made sure to tell them we were just as impressed with their persistence as we were with their performance.

**2. Be a growth mindset role model.** Be honest: how often do you say "I can't (cook/sing/balance my bank account)" or "I'm terrible at (sports/spelling/public speaking)" as if there's no hope for you? Make sure you're sending the right message – maybe even take on something new! (Relax, it doesn't have to be fire-eating!). Our pupils (and staff) are beginning to expect us to finish any sentence about something they are currently unable to do with the word "yet"!



3. **Encourage your child to forget taking the easy route** (where little new learning is done) and instead embrace challenges. A sheet full of questions he already knows the answers to won't "grow the brain" like one deeper problem to solve (even if he doesn't get the correct answer).
4. **Remember growth mindset isn't just academic;** it applies to many areas of life (athletic, musical, social). Having trouble getting the football into the net? Keep making mistakes on a piano piece? Tried to initiate play with someone but it didn't go well? Discuss the next step for improvement.
5. **Discourage envy of peers,** and talk to your child about what he or she can learn from others who appear more successful. While skills may come more easily to some, most often there's a (possibly unseen) element of practice, persistence, and hard work which leads to achievement.

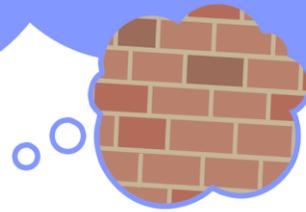
Embracing a growth mindset isn't always easy, but can have a huge impact on your child...  
and perhaps on you, too!



# Growth Mindset Talk

What can I say to myself?

## Fixed Mindset



## Growth Mindset



1. I'm not good at this ..... I can't do this yet.
2. I give up ..... I'll use some of the strategies I have learnt.
3. It's good enough ..... Is this my best work yet?
4. I made a mistake ..... This was my first attempt in learning.
5. This is too hard ..... If something is hard, it means I'm learning!
6. I'm really good at maths ..... I understand this because I have been practising.
7. I will never be as clever as them ..... I'm going to find out how they do that.
8. I can't do this ..... This is going to take time and effort to master.
9. I can't make this any better ..... Improvements can always be made.
10. They can't do it ..... How can I help them to understand this?