



Growth Mindset

The power of 'yet'



What is Growth Mindset?

Nine-year-old Elizabeth was on her way to her first gymnastics meet. Lanky, flexible, and energetic, she was just right for gymnastics, and she loved it. Of course, she was a little nervous about competing, but she was good at gymnastics and felt confident of doing well. She had even thought about the perfect place in her room to hang the ribbon she would win.

In the first event, the floor exercises, Elizabeth went first. Although she did a nice job, the scoring changed after the first few girls and she lost. Elizabeth also did well in the other events, but not well enough to win. By the end of the evening, she had received no ribbons and was devastated.

What would you do if you were Elizabeth's parents?

1. Tell Elizabeth *you* thought she was the best.
2. Tell her she was robbed of a ribbon that was rightfully hers.
3. Reassure her that gymnastics is not that important.
4. Tell her she has the ability and will surely win next time.
5. Tell her she didn't deserve to win.



Changing mindsets

Changing Our Mindset

Carol Dweck, world-renowned Stanford University psychologist, talks about the power of our mindset or our beliefs (especially around challenge). We can either have a Fixed Mindset where we let failure (or even success) define who we are, or a Growth Mindset where we see setbacks as opportunities to grow and improve ourselves. Just like how we learned how to walk... there are many stumbles along the way, but to reach our potential and live the life we desire, it takes practice and perseverance. We always have a choice about which view we adopt for ourselves... and it's never too late to change. What's your view?

It's up to you!



FIXED MINDSET

Belief that my intelligence, personality and character are carved in stone; my potential is determined at birth



GROWTH MINDSET

Belief that my intelligence, personality and character can be developed! A person's true potential is unknown (and unknowable).

DESIRE	Look smart in every situation and prove myself over and over again. Never fail!!	Stretch myself, take risks and learn. Bring on the challenges!
EVALUATION OF SITUATIONS	Will I succeed or fail? Will I look smart or dumb?	Will this allow me to grow? Will this help me overcome some of my challenges?
DEALING WITH SETBACKS	"I'm a failure" (identity) "I'm an idiot"	"I failed" (action) "I'll try harder next time"
CHALLENGES	Avoid challenges, get defensive or give up easily.	Embrace challenges, persist in the face of setbacks.
EFFORT	Why bother? It's not going to change anything.	Growth and learning require effort.
CRITICISM	Ignore constructive criticism.	Learn from criticism. How can I improve?
SUCCESS OF OTHERS	Feel threatened by the success of others. If you succeed, then I fail.	Finds lessons & inspiration in other people's success.
RESULT ...	Plateau early, achieve less than my full potential.	Reach ever-higher levels of achievement.



Developing growth mindset in the classroom and at home – Key messages

- Learning IS hard work and sometimes you may even want to cry!
- It is impossible to achieve your potential without ever making a mistake.
- Children need to feel the emotions of failure as well as success and be taught how to handle these.



Careful use of praise

When similar children are given fixed mindset praise

You did that really well; you are so clever at doing puzzles!

Or growth mindset praise

You did that really well; you must have tried really hard!

It dramatically reduces or improves their ability to progress onto harder puzzles.

<https://www.youtube.com/watch?v=NWv1VdDeoRY>



What can you do?

HELP YOUR CHILD TO ACHIEVE THEIR POTENTIAL BY ENCOURAGING THEM TO CHANGE THEIR MINDSET.

For more information please speak to a member of staff, who will be happy to help you.