

Growth Mindset for Parents

Aims of the session:

- Growth mindset theory
- What is growth mindset?
- Role models
- What we do at Grange Park
- Growth mindset language
- How to support your children at home
- Book suggestions

Have you ever wondered...

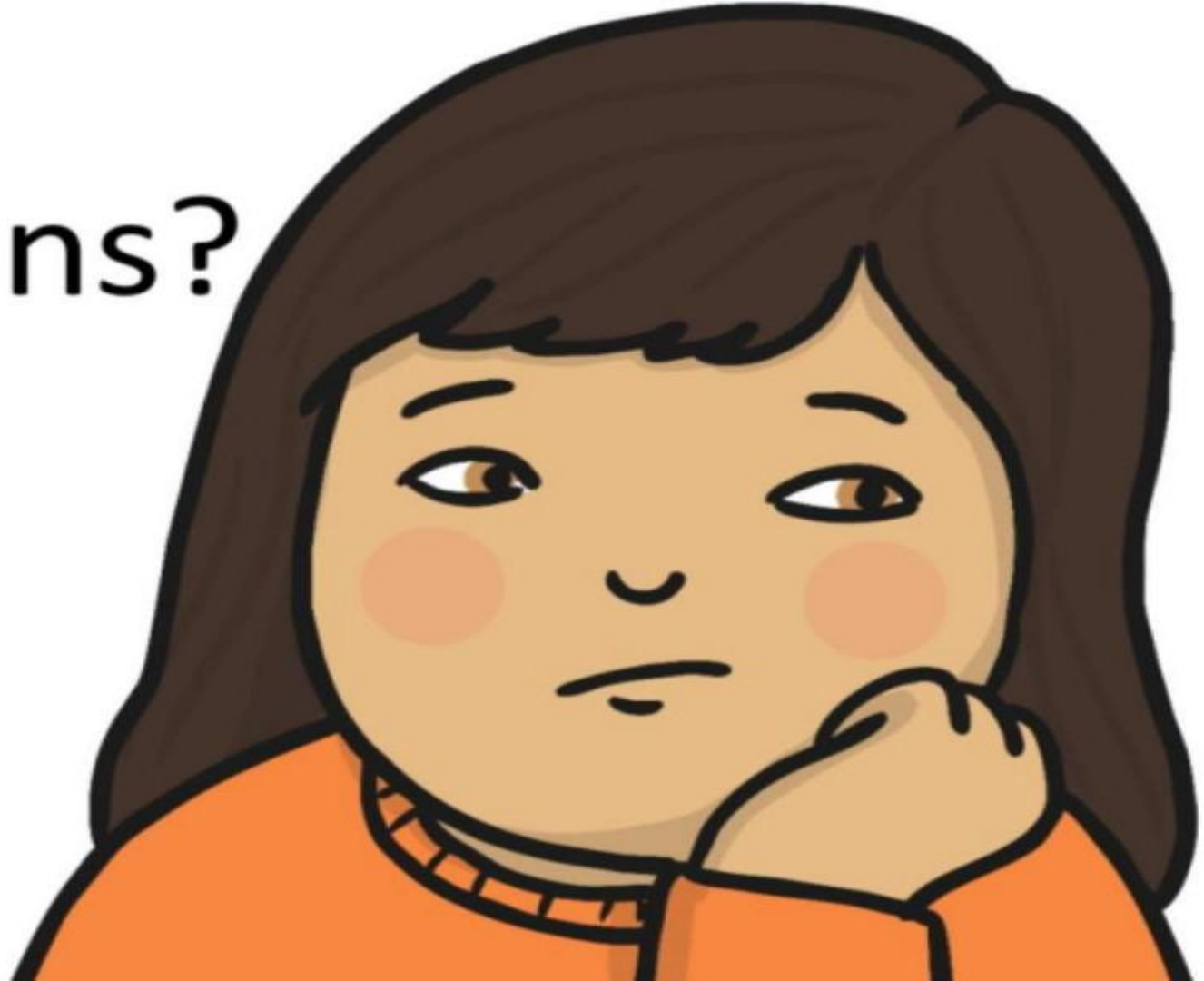


**Why do
some people
achieve their
potential
whilst others
do not?**

We don't see
unmotivated babies...



What
happens?



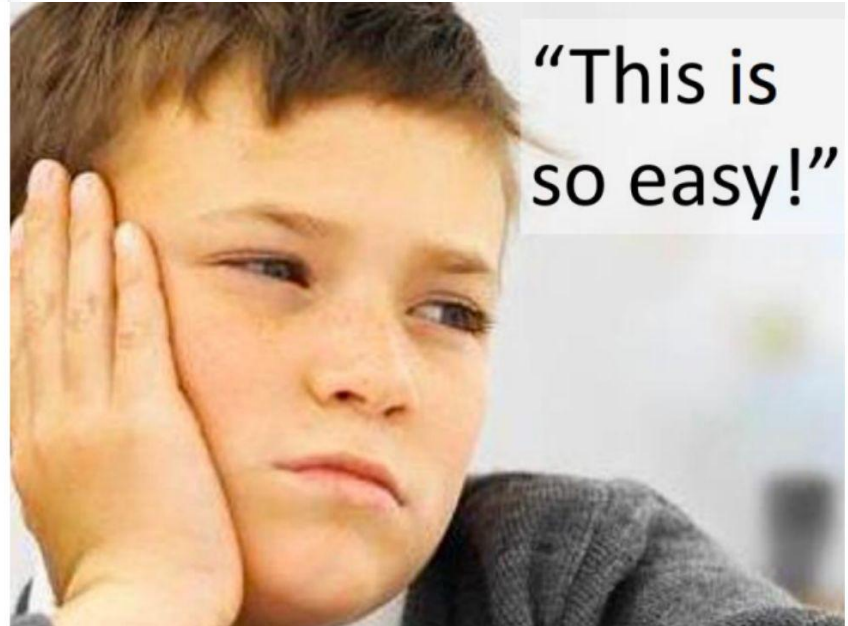
You might hear children saying this...

"I can't do this – it's too difficult!"

"I'm no good at Maths!"



"This is so easy!"



Parents... mind your language!

“I was rubbish
at maths!”

“I’m hopeless
at spelling.”

“Sophie isn’t as
bright as my
eldest.”

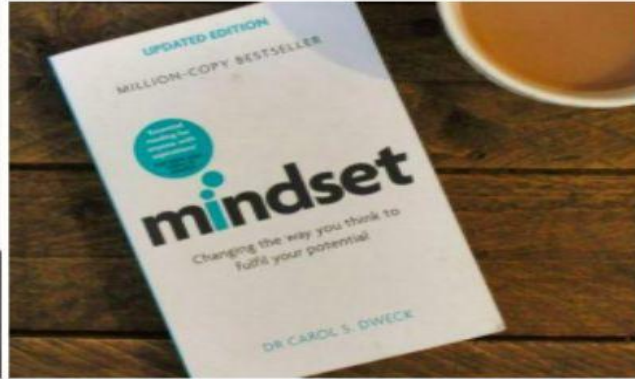
“We don’t read
in our house...”



The Growth Mindset theory



Carol Dweck: Growth Mindset theorist/professor of psychology



Intelligence / Ability

Are you born with it, or can you develop it?

Growth Mindset definitions:

- ✓ Intelligence is not set in stone
- ✓ The belief that I can improve
- ✓ Knowing that my talent can be developed
- ✓ The knowledge that I can be better

Growth Mindset: What it isn't:

- × Anyone can do anything
- × That ability doesn't matter
- × Anti-competition
- × Making people feel better about failing
- × Simply telling pupils to 'try harder'
- × A silver bullet
- × A quick fix

What is growth mindset?

The term 'growth mindset' refers to a way of thinking, learning and taking on challenges. A person with a growth mindset is open to constructive criticism, takes feedback and uses it, takes on new challenges, pushes themselves outside of their comfort zone and shows resilience and perseverance.

Studies show that it is people with a growth mindset (as opposed to a fixed mindset) who achieve in life, are successful in all they do and are happy. Of course, this is exactly what we want for all our children.

Your brain is like a muscle

When you train your muscles they will grow based on the amount of EFFORT you put into making that change.

This is proven to be the same with your brain.

THE MORE EFFORT YOU PUT INTO
YOUR LEARNING, THE MORE YOUR
BRAIN WILL CHANGE AND GET
STRONGER!



Black cab taxi training in London

It takes taxi drivers three years to train.

Taxi drivers need to be able to work out alternative routes mentally throughout the city to avoid excessive congestion.

The training was tested and a driver's brain development increased by 30% from the end of the training.



What is a mindset?

It is a set of beliefs that shapes how you make sense of the world and yourself. It can relate to: ability, talent and personality.



We all have a mindset

Growth Mindset

**Intelligence
and talent can
go up or down**

Fixed Mindset

**You think that
intelligence
and talent are
fixed a birth**

Many of us have a fixed mindset in some experiences and subjects and a growth mindset in others

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

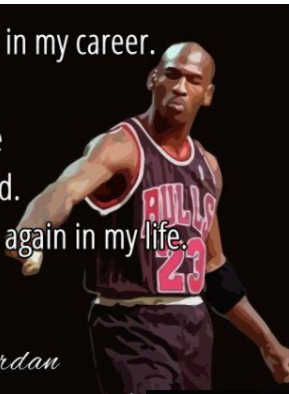
***A Growth mindset
begins with us all –
what do we do when
things become
difficult?***



Growth Mindset Role Models

I've missed more than 9000 shots in my career.
I've lost almost 300 games.
26 times, I've been trusted to take
the game winning shot and missed.
I've failed over and over and over again in my life.
And that is why I succeed.

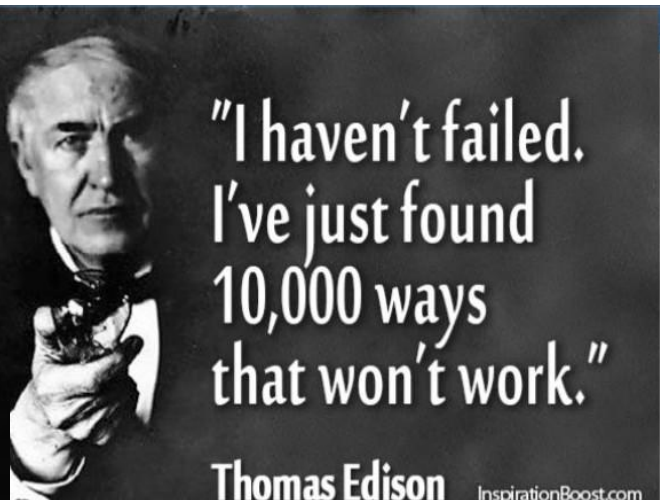
- Michael Jordan



**"I haven't failed.
I've just found
10,000 ways
that won't work."**

Thomas Edison

InspirationBoost.com



**Failure is
so important.
We speak about
success all the time
but it is the ability
to resist or use
failure that often
leads to greater
success.**

- J. K. Rowling



**Growth mindset
focuses on a
LEARNING GOAL**

- Students want to find out more
- They want to play to the best of their abilities
- It's about the PROCESS rather than the END GOAL

**Fixed mindset focuses
on PERFORMANCE
GOALS**

- Will aim for a particular goal
 - Will either achieve the goal or they won't
 - Increased anxiety and frustration
-

What we do at Grange Park



- Encourage the school community to develop a language that regularly promotes a growth mindset
- Displays around school that promote a growth mindset
- Inspire using success stories
- Celebrating mistakes
- Trial and improvement
- Pay attention to working memory
- Editing work
- Mental contrasting
- Engaging parents with growth mindset

Growth mindset buzz words for children...

Effort	Good
Challenge	Grit <small>takes</small>
Perseverance	Useful failure
Thinking	Growth
Learning	Trial and improvement
Feedback	Thinking
Decisions	Reflection
Challenge	Persistence
Mistakes	Resilience
Determination	Process

Mental contrasting

The contrast is drawn between what is desired and what needs to be done to make that desire a reality.

If.....then.....

e.g.

If I want to play the piano, **then** I must practice every night.

If I want to get full marks on my spelling test, **then** I must practice my spellings once in the morning and once in the evening.

Pay attention to working memory

Working memory is limited. It's limited to approximately 4 pieces of information. If a child's working memory becomes overloaded they will likely run into difficulties. This can lead children to withdraw from their learning.

How can we help?

By just focusing on the specific bits of information we child to learn/grasp.



- Teach children to use strategies that free up working memory space (write things down, verbalise thoughts, chunk items together)
- Scaffold the work – break a task down – writing frames for ALL children
- Use questions to direct the thinking of a child

Celebrating mistakes

Classrooms and displays that promotes mistakes is a positive thing (e.g. $10+4=104$, put on post-it and added to a display with quick explanation of the error)- develops critical thinking!

If we promote 'trial and improvement' and children know that we expect them to try things out, make mistakes and then try again, their perception of the costs of failure will likely change.



The Learning Pit



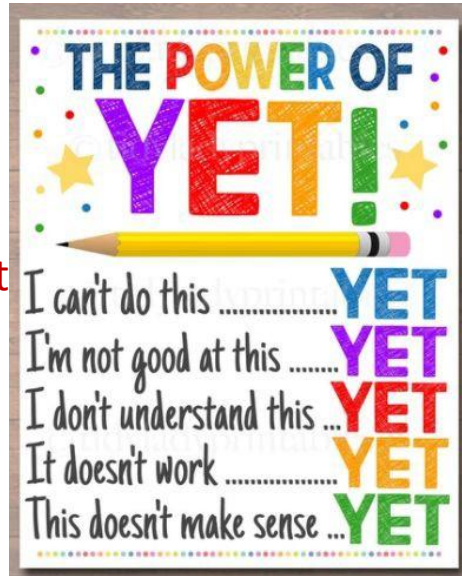
Good learners go into the PIT!



WHICH STEP HAVE YOU REACHED TODAY?

Growth Mindset Language- self talk is so important!

1. I am rubbish at this
2. I'm awesome at this
3. I give up
4. This is too hard
5. I can't make this any better
6. I'm not good at maths
7. I made a mistake
8. It's good enough
9. I'm not as smart as her



1. What am I missing?
2. How can I get even better?
3. What could I do differently?
4. This may take me a bit of time
5. How might I improve this?
6. I'm not good at maths **yet**
7. Mistakes are a part of learning
8. Am I really proud of this work?
9. I'm going to learn from her

What can you do to support your children at home...

- Feedback and praise carefully for effort and not ability
- Encourage deliberate practice and targeted effort
- Encourage high challenge and reasoned tasks
- Discuss errors and mistakes and help your children to see these as opportunities to learn and improve - celebrate them!
- Teach children to talk back to their 'fixed mindset' internal voice with a 'growth mindset' internal voice
- Mind your language and the power of yet: the language we use around learners has a profound effect on their mindsets. Make a habit of using growth phrases like 'everyone can', 'mistakes can help you learn', 'just try for a little longer' and the key of them all- 'yet'. 'I just cannot solve this yet!'

A few mind shifting tips for cultivating a growth mindset at home

HELP CHILDREN RECONNECT WITH A TIME WHEN THEY LEARNED SOMETHING NEW THAT WAS 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.

HELP CHILDREN TALK BACK TO NEGATIVE SELF-TALK WITH A GROWTH MINDSET VOICE

e.g I get better and better with practice
this is hard, but will get easier

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 persistence
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.

GET CURIOUS ABOUT YOUR CHILD'S WORK 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 LEARN TO HEAR THEIR OWN FIXED MINDSET 'VOICE'

Some examples: "That guy is brilliant; he never tries and he gets it"
"I got it wrong again, I'll never get this"

Some children don't even realise how fixed their mindset can be. Discuss and challenge their opinions and attitudes.

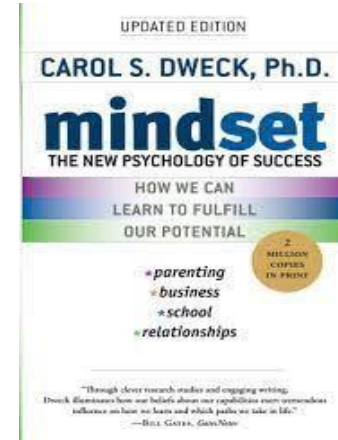
Growth Mindset books...

For adults:

‘Mindset: The New Psychology of Success’, Carol Dweck

‘Mindset: How You Can Fulfil Your Potential’, Carol Dweck

‘Growth Mindset Pocketbook’, B. Hymer & M. Gershon



For children:

‘Your Fantastic Elastic Brain’, J. Deak & S. Ackerley

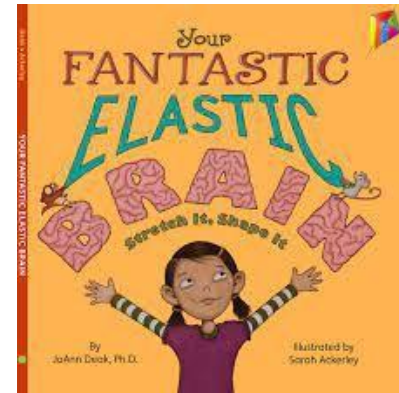
‘I Can’t do This’, K.J. Walton

‘The Dot’, Peter H. Reynolds

‘Ish’, Peter H. Reynolds

‘Ryan the Spy and: The Superhero Secret’, Jason Rago

‘Rosie Revere, Engineer’, Andrea Beaty



Any questions?

