



# Growth Mindset

What it is, why it matters and  
how we can help our kids to develop it.







What is a  
mindset?



# What is a mindset?

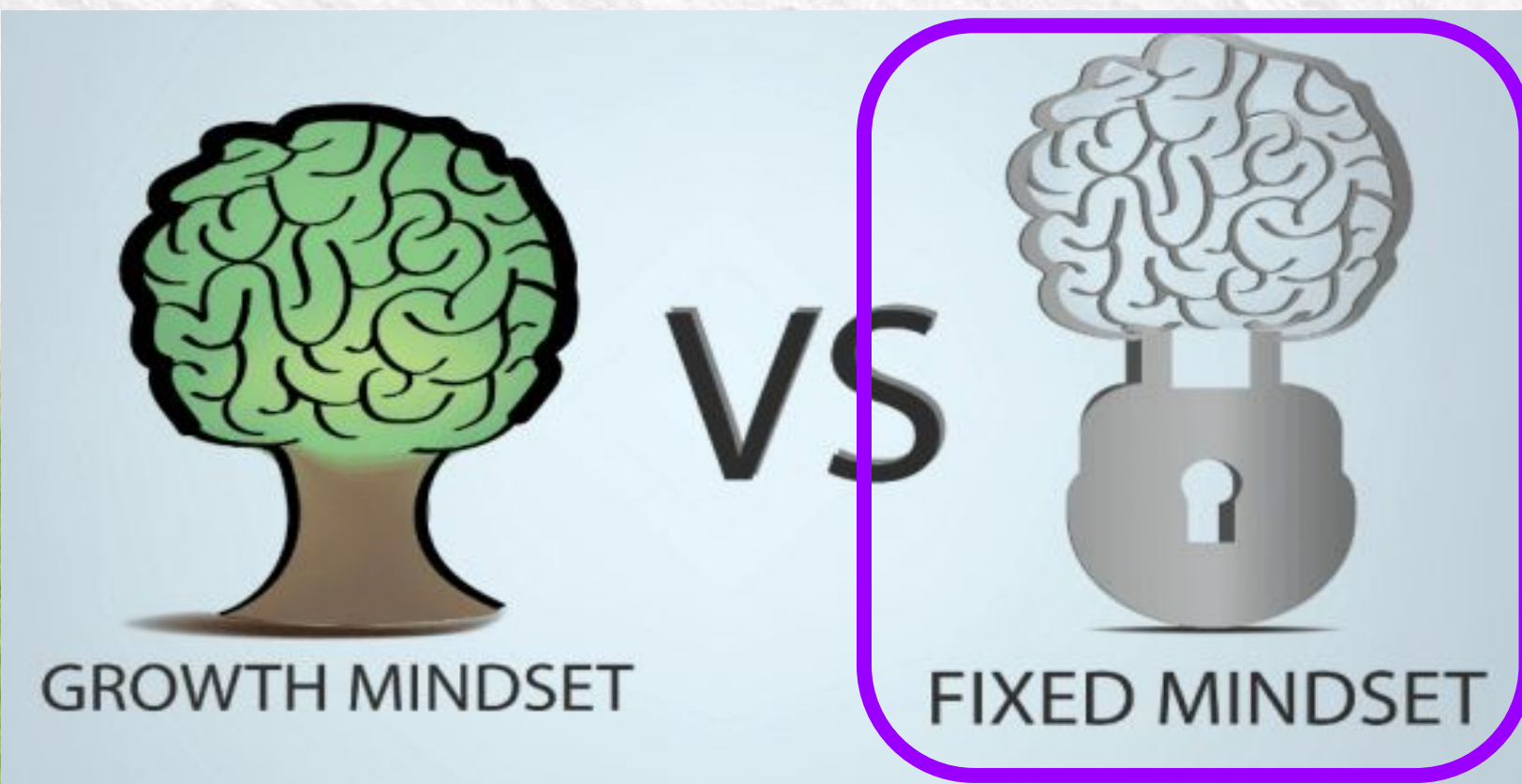
A set of beliefs or a way of thinking that determines one's behaviour, outlook and mental attitude.

In essence, mindset is how you think about things, especially learning.

There are two main mindsets: fixed and growth.



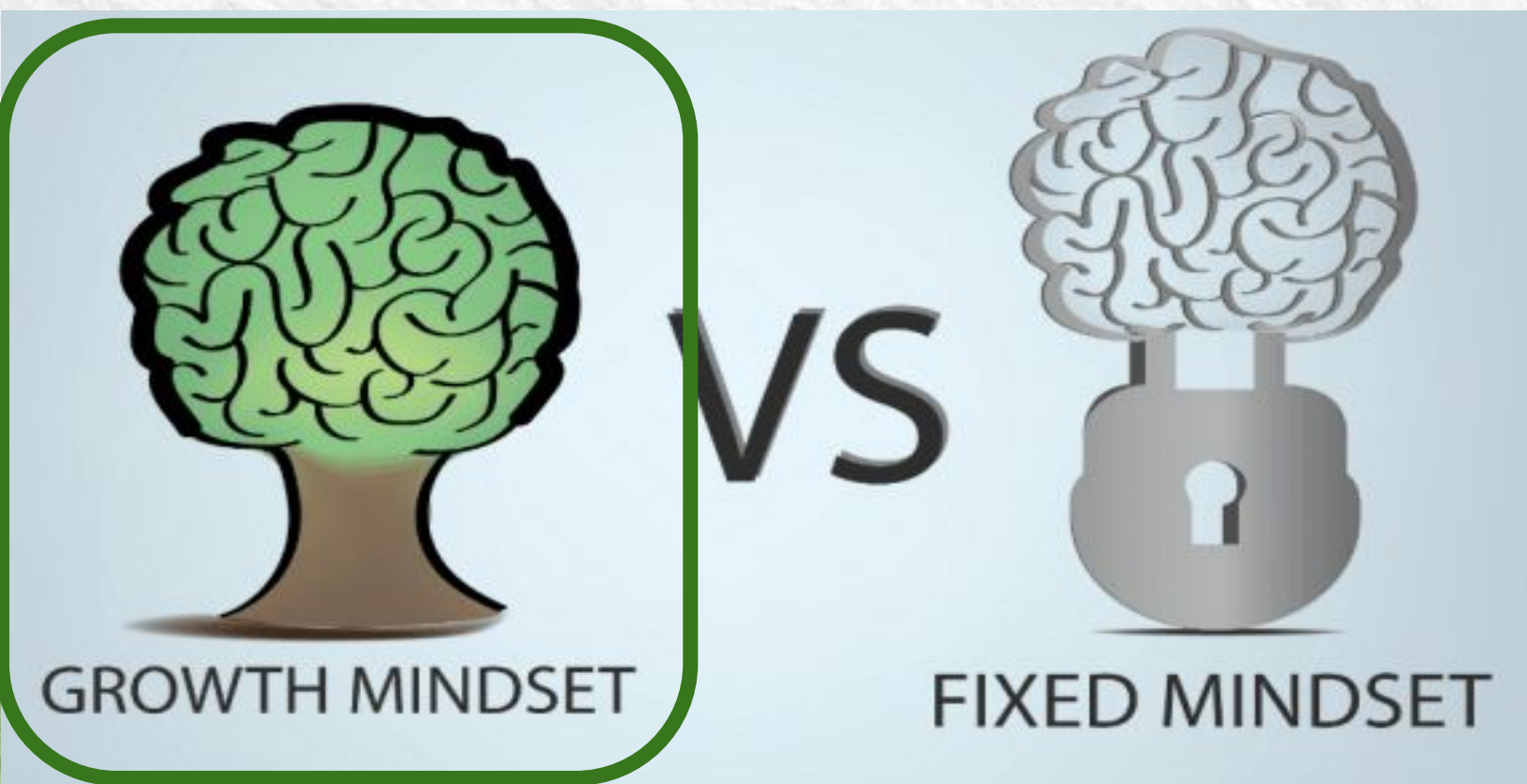




## Fixed mindset

- I am good at some stuff and bad at other stuff and I can't change that.
- I don't like work that is hard - it makes me feel like I'm not clever.
- If I get stuck, I give up.
- I like to stay within my comfort zone.
- I don't like to be told how to make my work better when I have finished it.
- "It's too hard!"







## Growth mindset

- My ability isn't fixed – I can get better at things if I work at them.
- The more effort I make, the better I do and the better I feel.
- I enjoy challenge because it makes me smarter.
- I like to be given feedback about how to make my work even better because it helps me to learn even more.
- “Bring it on!”

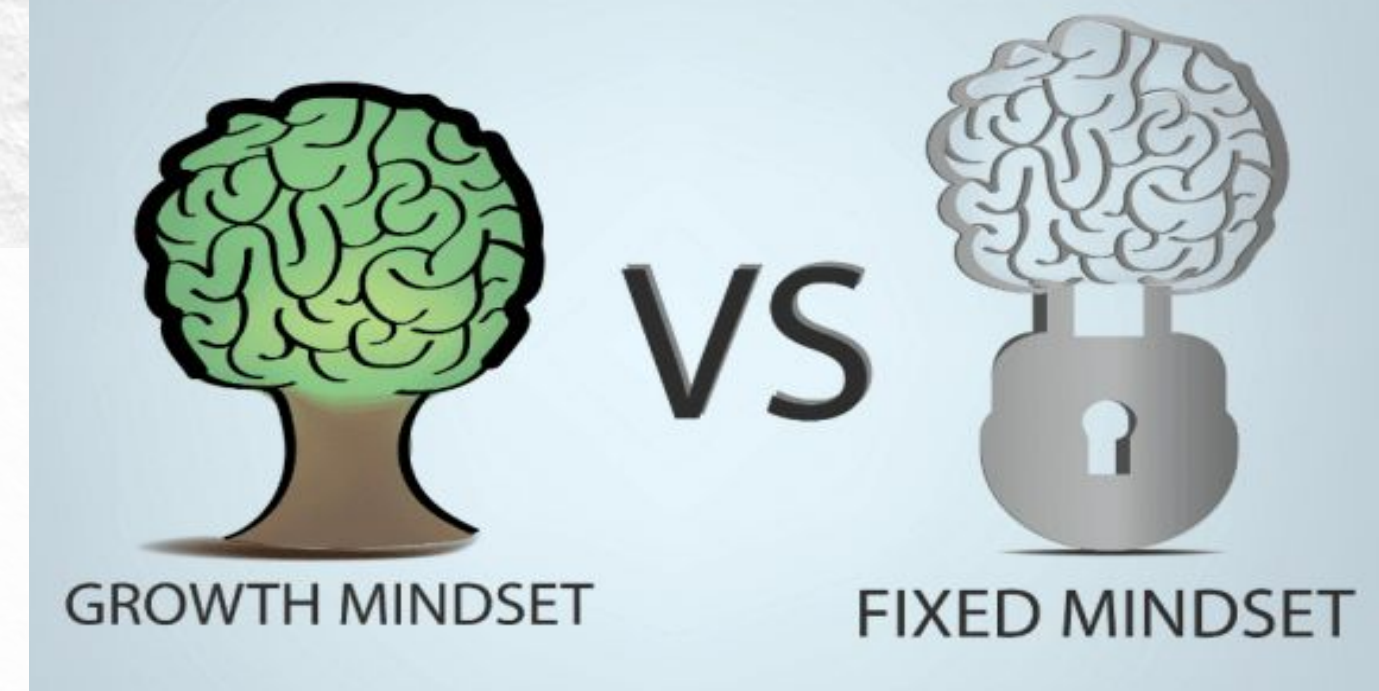




Mindset	Intelligence is fixed	Intelligence is growable
Priority	Prove my learning (show I'm bright).	Improve my learning (become brighter).
Seeks out ...	Quick wins, easy successes, less able competitors, as these all show that I'm intellectually well-endowed.	Challenges, smart friends and other opportunities to learn and improve, as these all assist my development.
Avoids ...	Tough challenges, effort, difficulty, higher-performing peers.	Tasks and situations that I've already mastered – no new learning there then.
When things get tough ...	I become flaky, flustered and flounder, or simply walk away from the task, doubting my capacity to accomplish it. Or maybe I'll cheat.	I try harder or revise my strategy. I show resilience, creativity and grit – and thereby become a better learner.



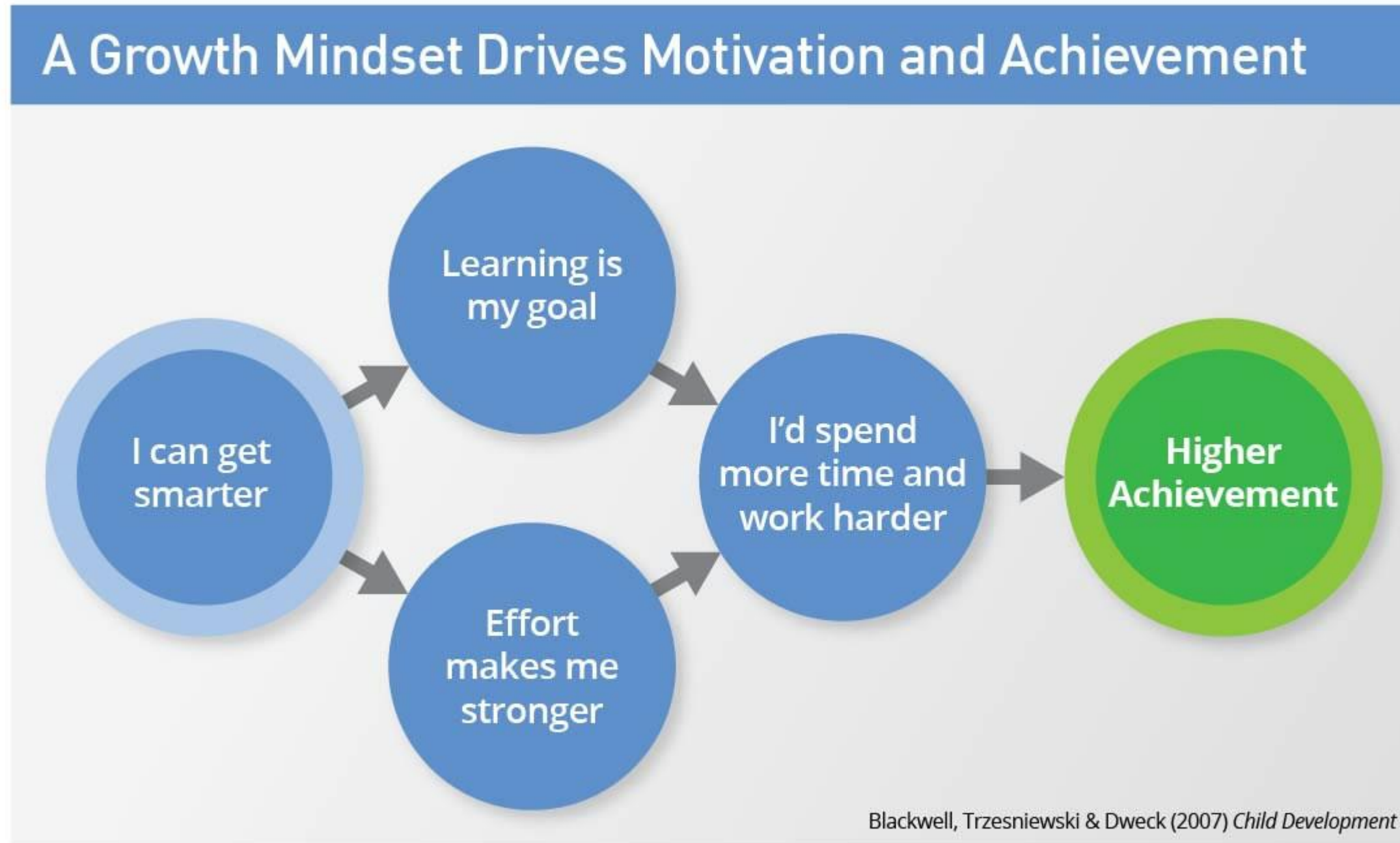
It has been proven that:



- The brain is like a muscle; it gets stronger the more it's used.
- Children with a growth mindset learn more at school.
- Those with a growth mindset have more success in learning, work, sports - and in life in general.
- You can change your mindset.




# Why does children's mindset matter?




Because children with a growth mindset will embrace challenge, work harder and ultimately make more progress.





How are we helping  
our pupils develop a  
growth mindset?





# Barriers we need to overcome:

- Belief that ability is fixed
- Fixed-mindset language
- Avoiding challenge or mistakes






# Approaches we are using:

- Teach children about their brains and how they learn - year group and class assemblies
- Model a growth mindset ourselves
- Select our language skillfully
- Use praise carefully
- Celebrate learning from mistakes



Developing a  
*Growth Mindset*



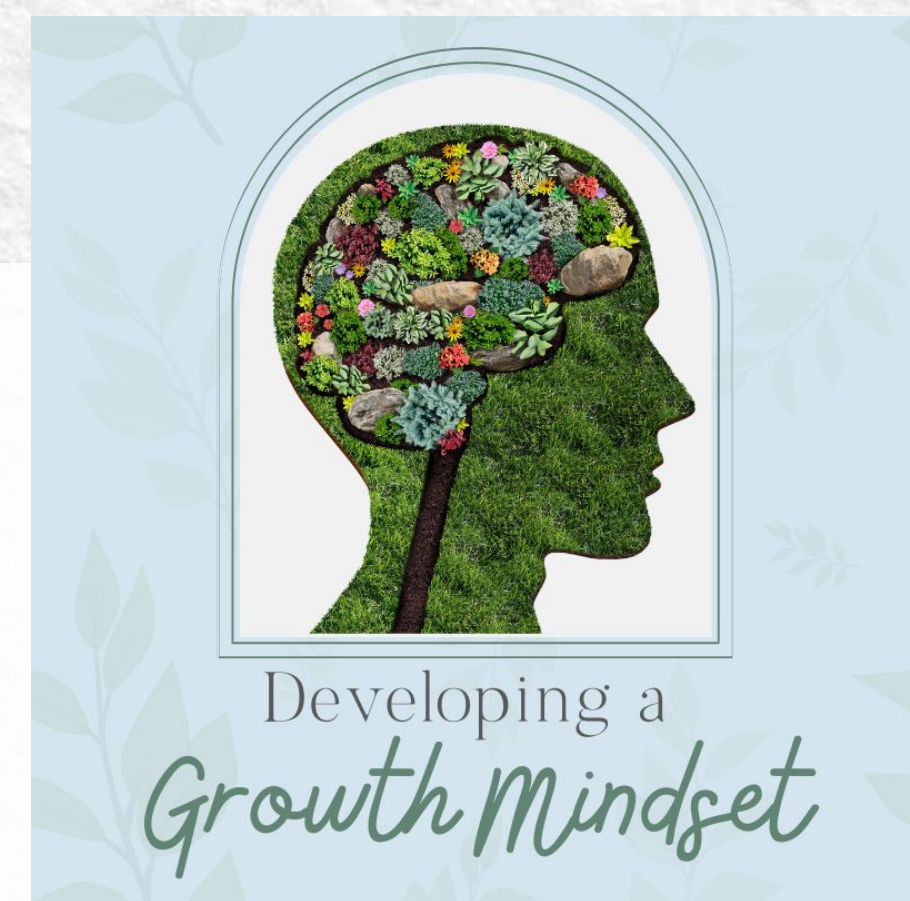


How can you help  
at home?



# How to help at home:

- Discuss with children what they have learned in year group and class assemblies,
- Model a growth mindset yourself (test your mindset here: <https://blog.mindsetworks.com/what-s-my-mindset> ),
- Be mindful of the language you use (see next slide),
- Use praise carefully (A Study on Praise and Mindsets - Carol Dweck <https://www.youtube.com/watch?v=NWv1VdDeoRY> ),
- Celebrate learning from mistakes - consider what you currently model to your children when you make mistakes.





### Words That Encourage:

1. Wow! 😊
2. Look at that!
3. Tell me about it.
4. Show me more.
5. How did you do that?
6. Let's see what you did.
7. How do you feel about it?
8. How did you figure that out?
9. I see that you \_\_\_\_\_  
(be specific)
10. That looks like it took a lot of effort.
11. How many ways did you try it before it turned out the way you wanted it?
12. What do you plan to do next?
13. That looks like it took so much work.
14. Are you pleased with what you did?

### Labels that Judge:

Smart  
Cute  
Great  
Fast  
Best  
Pretty  
Good  
Quick  
Clever  
Beautiful  
Lovely  
Intelligent  
Right  
Amazing  
The best  
Better than \_\_\_\_\_  
(another person)

**Try to avoid these labels!**

### Grow Your Mind-Set

"What did you struggle with today?"  
"This is hard, this is fun, what should we do next?"  
"You can grow your intelligence"  
"You can learn. You can stretch. You can keep mastering new things."  
"I don't think there's anything better in the world than a child hearing from a parent or teacher the words, 'You'll get there'."  
"Do you label your kids? This one is the artist and that one is the scientist. Next time, remember that you're not helping them -even though you may be praising them. Remember... praising kids' ability lowered their IQ scores."



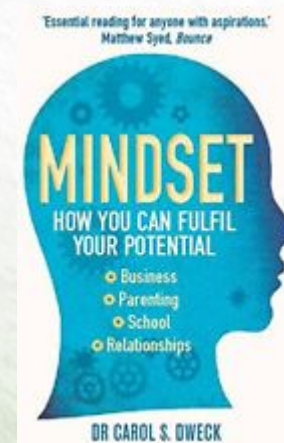
**“Results suggested that a growth mindset intervention had a significant difference in the motivation.... of adolescent special education participants.”**

*Emily Rhew, Jody S. Piro, Pauline Goolkasian & Patricia Cosentino | (2018) The effects of a growth mindset on self-efficacy and motivation, Cogent Education*

**“These results suggest that that having a growth mindset has a positive effect on one’s mental health.”**

*Tao W, Zhao D, Yue H, Horton I, Tian X, Xu Z and Sun H-J (2022) The Influence of Growth Mindset on the Mental Health and Life Events of College Students. Front. Psychol. 13:821206*

A Study on Praise and Mindsets - Carol Dweck  
<https://www.youtube.com/watch?v=NWv1VdDeoRY>



Growth vs Fixed mindset:

<https://www.youtube.com/watch?v=brpkjT9m2Oo>

**“In line with our first major prediction, lower-achieving adolescents earned higher GPAs in core classes at the end of the ninth grade when assigned to the growth mindset intervention”**

*Yeager, D.S., Hanselman, P., Walton, G.M. et al. A national experiment reveals where a growth mindset improves achievement. Nature 573, 364–369 (2019).*

**“Three of the questions we have addressed so far—Does growth mindset predict outcomes? Do growth mindset interventions effects replicate? Are the effect sizes meaningful?— have strong evidence in the affirmative”**

*David S. Yeager, Carol S. Dweck, Americal Psychological Association 2020*