

# Growth Mindset



Enjoy challenge

Try my best

Never give up

I believe I can

Power of YET...

Determination

## The Southwater Infant Academy...



## What does it all mean?

"Failure is an opportunity to grow"

**GROWTH MINDSET**

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

**FIXED MINDSET**

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

# Why Growth Mindset?

At The Southwater Infant Academy, we know that children who have a positive attitude towards their learning will make good progress and be successful. Consequently, instilling all our children with 'Growth Mindsets' has become a key priority for the academy. We have introduced the theories of Dr Carol Dweck to staff and pupils and are determined to embed its ideas within our school ethos.

We want all our children to relish challenges, embrace their mistakes as part of the learning process, value the importance of effort, respond carefully to feedback and take inspiration from others. This will help them to achieve, not only with us, but also in their future lives as adults.

## What is Mindset?

**Mindset** is a mental attitude that determines how you will interpret and respond to situations.

**The Fixed Mindset:** “Believing that your qualities are carved in stone- the fixed mindset- creates an urgency to prove yourself over and over.” Dweck, C (2017, p.6).

vs.

**The Growth Mindset:** “Based upon the belief that your basic qualities are things you can cultivate through your efforts, your strategies and help from others.” Dweck, C (2017, p.6).

# 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.

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If you feel you lean towards a fixed mindset, think about how you react towards your child's...

- Sports/recital performances
- Mistakes/errors
- Finding things hard or is becoming frustrated.
- Scores/marks or grades

As well as this, think of your own reactions to...

- Your own failures and mistakes
- Decisions you make about giving up on challenging tasks.
- Subject areas or particular tasks you find hard

Your own mindset has a tremendous impact on the mindset of your children!

# Problems with praise...

Praising children for their abilities pushes them directly into fixed mindset thinking... "I don't need to try, I am great at this, I'm a natural."

## Instead try praising...

### 1. Effort

People with a growth mindset view hard work and effort as key to success. Try saying...

"I can see how hard you are working."

"You haven't got the hang of it yet but you are so much closer now."

### 2. Strategy

In strategy praise we point out that using particular skills will allow your child to be successful. We point out their good choices. Instead of highlighting the result, highlight the steps they took. Try saying...

Instead of... "Wow you got your Bronze reading certificate".

Say... "I so proud of how hard you worked to read every evening even when you were feeling a bit tired or not in the mood."

### 3. Persistence

Sometimes despite effort, it takes time to overcome a challenge. We need to praise our children for pushing through the frustrations of a challenge, this helps them to realise some tasks require us to put in effort over time.

## The Power of 'Yet'...

Yet is a hopeful word that means “at a future time.” It has powerful implications for building a growth mindset because it is the antidote for the fixed view of “I can’t.”

“Maybe you can’t do it yet but with some more practise you” be able to!”

	Fixed	Growth
Parent about self	I’m a terrible cook!	I need to find some videos on you tube so I can practise some cooking techniques I cannot do yet!
Parent to child	You are so clever!	Wow, you worked hard on that piece of writing.

### In each classroom you will see...

Equal access to all learning opportunities...no learning is capped, nothing is inaccessible to anyone.

Deliberate cultivation of perseverance, resilience and determination in our children

The use of ‘Growth Mindset’ style feedback and praise.

Try reading some of these books at home, use them as a way in to a discussion about Growth Mindset...

