



# Growth Mindset at Goldington Green Academy

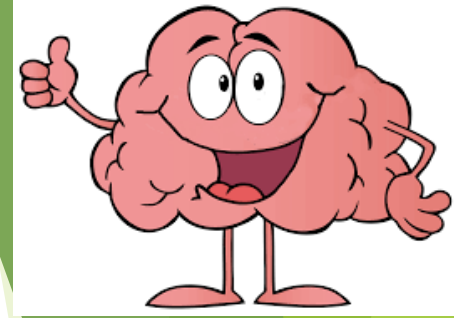


# What is Growth Mindset?

- ▶ Growth mind set is a term that refers to our motivation to learn.
- ▶ It is based upon work by the psychologist Carol Dweck.
- ▶ Her theory states that intelligence can be developed through **perseverance and effort**.
- ▶ Self- belief not natural intelligence. Confidence and Resilience.



# The Science behind the theory... (Dweck 2011)



*Inside the cortex of the brain are billions of tiny nerve cells, called neurons.*

*The nerve cells have branches connecting them to other cells in a complicated network.*

*Communication between these brain cells is what allows us to think and to solve problems.*

*When you learn new things, these tiny connections in the brain actually multiply and get stronger.*

*The more that you challenge your mind to learn, the more your brain cells grow.*

*Then, things that you once found very hard or even impossible to do seem to become easy. The result is a stronger, smarter brain.*

**Encouraging the children to approach challenges with a growth mindset attitude can have a massive impact upon their achievements in all areas of their life.**

# 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.



# Language we can use that can help to develop a Growth Mindset...



"I can see you worked so hard on this!"

"It seems like it's time to try a new strategy."

"I like watching you do that."

"It looks like that was too easy for you.  
Let's find you something challenging so your brain can grow."

"That's not right. You don't understand this yet. What strategies can you try to understand it better?"

"That was really hard. Your effort has paid off!  
Next time you'll be ready for this kind of challenge!"

"You've worked hard to become a good writer. You should challenge yourself with an advanced class, and learn something you don't know how to do yet."



"You are so smart!"

"It's okay. Maybe you're just not cut out for this!"

"You're a natural at that!"

"That's right! You did that so easily. Great job!"

"That's not right. Are you paying attention in class? It seems like you're not even trying."

"That was really hard. I'm so glad it's over and you don't have to do that again."

"You have a real talent for writing. You should take a creative writing class because you're so good at it."

# What do we do in school to develop our children's Growth Mindset?

## Displays



Pelican



Yeti - I can't do it yet.



Mistakes are OK, as long as we learn from them (celebrating mistakes). - *Persevering - finding a different way to solve the problem*



Praising effort - being specific about what we are praising.

Encouraging children to be the best that they can be (no ceiling on any child's learning).





# The Learning Pit

## Learning

How do I feel about making mistakes?

Why am I learning this concept?

What can I already do in this area of learning?

What do I want to know?

Do I have prior learning I can apply?

Review Feedback

Take responsibility for attitudes to learning in order to succeed.

Ask for feedback and review learning.

I have a deeper understanding of an idea/concept and I am ready for the next step.

**Reflective**  
I know what I have achieved and recognise what I did to learn something new.

## Teaching

Knowing expectation for pupils at their stage in education.

Assessing pupils' knowledge to find the next steps.

Provide the opportunities and challenges for pupils to make mistakes.

Provide carefully structured feedback to move pupils' thinking on

Provide individual learning opportunities for pupils to enable them to overcome barriers.

*I'm making mistakes*

I will keep trying.

**Be Resilient**  
I must not give up.

**Resourceful**  
I can use resources.

**Reciprocal**  
Can I work with other children to learn?

Check that the understanding is deep and mastered at the appropriate level.

Can the pupil apply their skills?



# What can you do at home to support your child's Growth Mindset?

- ▶ Give lots of praise when lots of effort has been applied to achieve something.
- ▶ If you hear 'I can't do this,' support your child with the language 'You can't do it yet!'
- ▶ Celebrate mistakes - even your own! 😊
- ▶ Encourage your child to challenge themselves so they can **become the best that they can be.**
- ▶ Model your own growth mindset - The cup is always full. 😊

# Questions/ Comments...

