

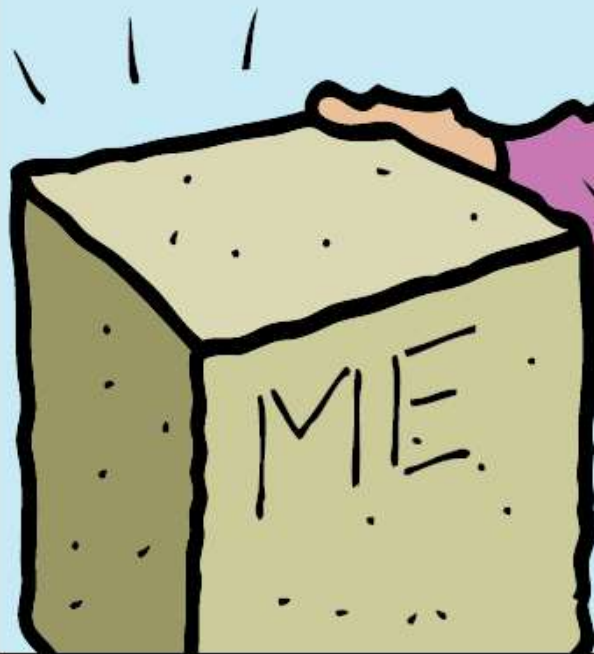
Growth Mindset  
at  
Holmesdale Infant  
School

# What is Growth Mindset?

- \* Mindset is an idea developed by Dr. Carol Dweck.
- \* A set of beliefs that determine somebody's behaviour and outlook in life. Two types of mindset:
  - \* A fixed mindset
  - \* A growth mindset

There are two views children have  
of intelligence

This is the way  
my intelligence  
is...!



No, intelligence  
**WILL** grow and  
develop



# What is Growth Mindset?

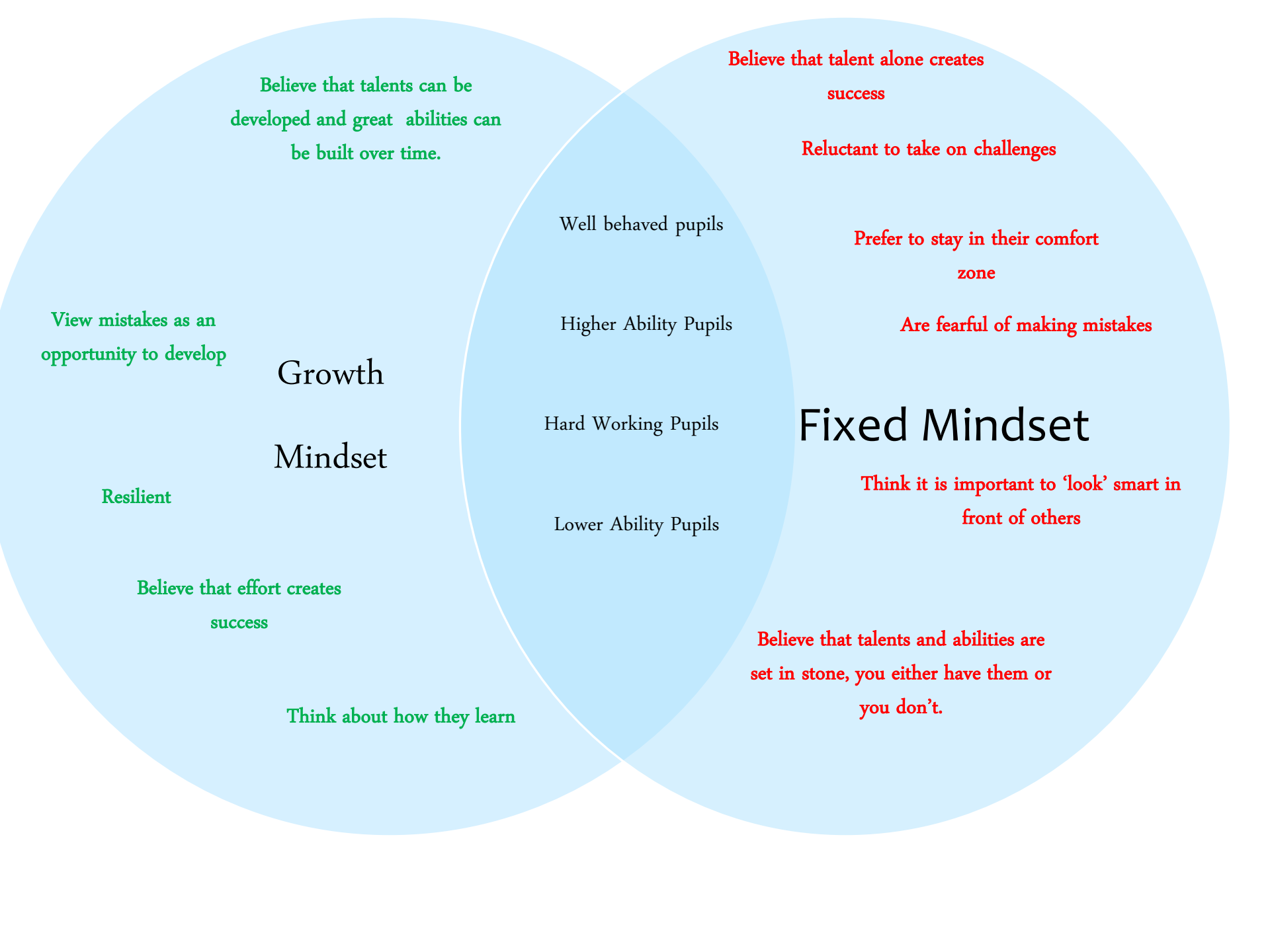
- \* *"In a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb.*
- \* *In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it."*

Carol Dweck, *Mindset*

# The Science behind Growth Mindset

- \* The first time we try to learn something, it can be really hard. This is because we are making the first connections. If we give up at this stage (as the fixed mindset encourages us to do) we will never form that neural pathway.
- \* If we persist, repeat and deliberately practise the new skill or knowledge, we will create a secure pathway in our brains.





**Growth**

**Mindset**

**Fixed Mindset**

Believe that talents can be developed and great abilities can be built over time.

Believe that talent alone creates success

Reluctant to take on challenges

Prefer to stay in their comfort zone

Are fearful of making mistakes

Think it is important to 'look' smart in front of others

Believe that talents and abilities are set in stone, you either have them or you don't.

View mistakes as an opportunity to develop

Resilient

Believe that effort creates success

Think about how they learn

Well behaved pupils

Higher Ability Pupils

Hard Working Pupils

Lower Ability Pupils

# Pause for thought....

- \* If children hear 'I can't do maths' from parents, teachers, friends they begin to believe it isn't important.
- \* People become less embarrassed about maths skills as it is acceptable to be 'rubbish at maths'.



# Fixed Mindset Praise

- \* I am amazed that you have finished the task already- you are such a fast worker!
- \* I enjoyed marking your work. You got all the questions right! You are destined to be a mathematician when you are older.
- \* Good job! You are very smart.

# Growth Mindset Praise:

- \* I like the way you tried to work that out. Your answer is very close-try again!
- \* I am impressed by how hard you have tried to work this out.
- \* Great! You persevered and did well in your subtraction work.
- \* Well done on your spelling test, you have learnt from the feedback I gave you last week and have improved.

What can you do at  
home to support our  
growth mindset  
project?

# Use growth mindset praise

- \* Promote effort and learning.

That picture has so many beautiful colours in it. Tell me about them.

I enjoy watching you stretch yourself and trying to learn more challenging things.

I liked the way you tried different strategies on that problem.

You put so much thought into this story, I really could see all the settings and characters clearly.

# What if the child didn't do well

I like the effort you put in, but lets work together on the bits you didn't understand.

Everyone learns things at a different rate but if you keep trying like this you will get there.

Everyone learns in a different way let's keep trying to find the one that works for you.

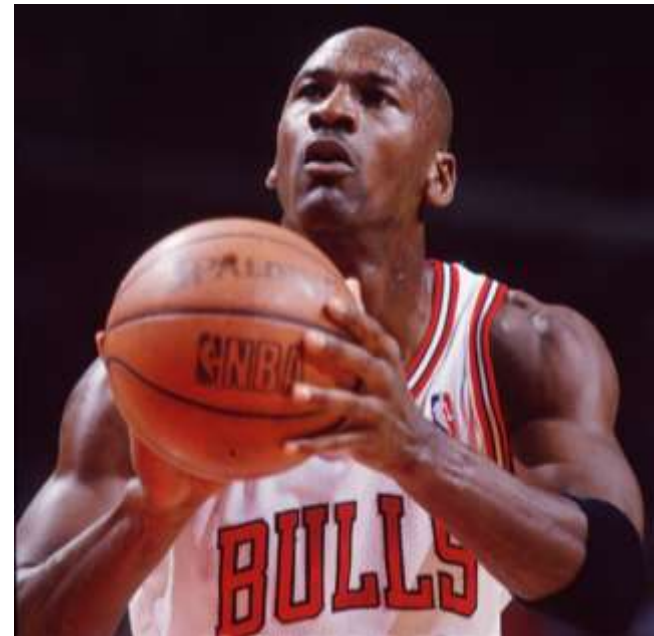
# Family Challenge

- \* Each term we would love you to get involved in a family challenge.
- \* Our family challenge is to create a growth mindset poster.

# Mindset Quotes

“I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game-winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed.”

*Michael Jordan*



# Mindset Quotes

"I'm not going to stand here and tell you that failure is fun...but some failure in life is inevitable, unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default."

*J.K.Rowling*





# Growth Mindset

**Hard work beats talent  
when talent doesn't work  
hard.**