

"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"

Growth Mindset

What is it all about?

We don't see unmotivated babies..

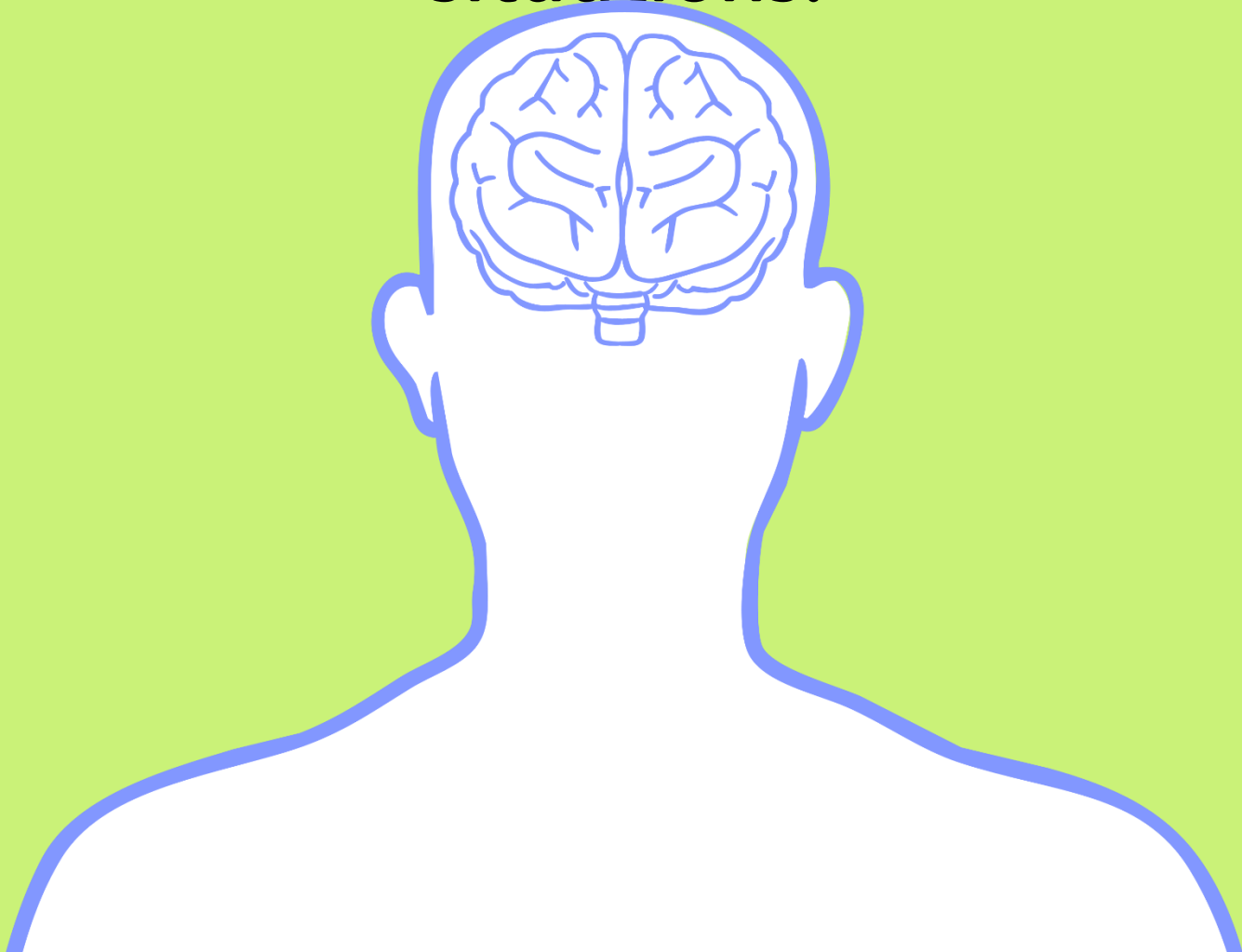


What happens?



What is Mindset?

A mental attitude that determines how you will interpret and respond to situations.



Yesterday's Theory

We are born with intelligence

No matter how much you learn or how hard you work, your intelligence stays the same!

Alfred Binet was a French psychologist who invented the first practical intelligence test, the Binet-Simon scale. His main goal was to identify students who needed special help in coping with the school curriculum.

Albert Binet (1857-1911) Invented the first useable IQ test.



Today's Theory: Mindset Matters

The distinguishing feature of geniuses is their passion and dedication to their craft, and particularly, the way in which they identify, confront, and take pains to remedy their weaknesses (Good, Rattan, & Dweck, 2008)

In other words...

It's not what you are born with that matters; it's your mindset that matters.
Whose idea was this?

Carol Dweck, professor of Psychology at Stanford University



The Brain is Malleable

The brain is like a muscle that gets stronger and works better the more that you exercise it.

Too often pupils believe the brain is static, leading them to think talent and giftedness are permanent, unchanging personal attributes that automatically bring later success.

Every time you work hard, stretch yourself and learn something new, your brain forms new connections and over time you actually become smarter.



Steps to develop a Growth Mindset

Step 1
Learn, learn,
learn.

Step 2
Realise hard work
is key.

Step 3
Face setbacks.



Mindset Step 1: Learn, learn, learn

Fixed Mindset

Look intelligent at all costs.
“The main thing I want to do
is to show others how good I
am.”

Growth Mindset

Learn, learn, learn.
“It’s much more important
for me to learn than to get
top grades.”



Mindset Step 2: Realise Hard Work is Key

Fixed Mindset

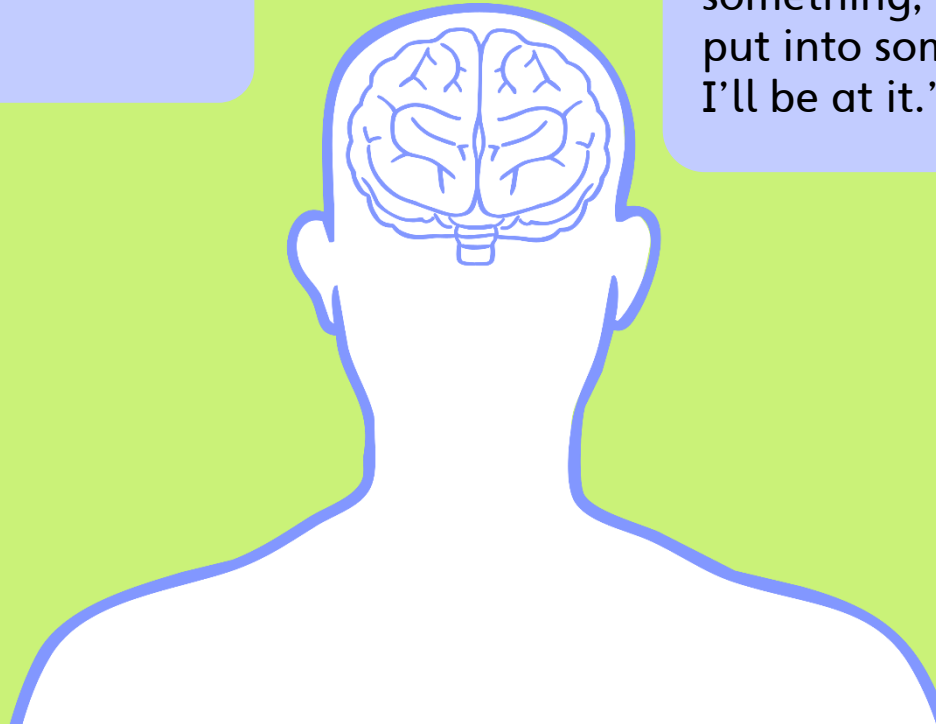
Learning should come naturally.

“When I have to work really hard in a subject, I don’t feel very smart.”

Growth Mindset

Putting a lot of effort into learning and working hard is key.

“The harder I have to work at something, the more effort I put into something, the better I’ll be at it.”



Mindset Step 3: Face Setbacks

Fixed Mindset

Hide mistakes and conceal deficiencies, retreat, blame others, act superior.

“I’d spend less time on this subject from now on.”

“I would try not to take this subject ever again.”

“I would try to cheat on the next test.”

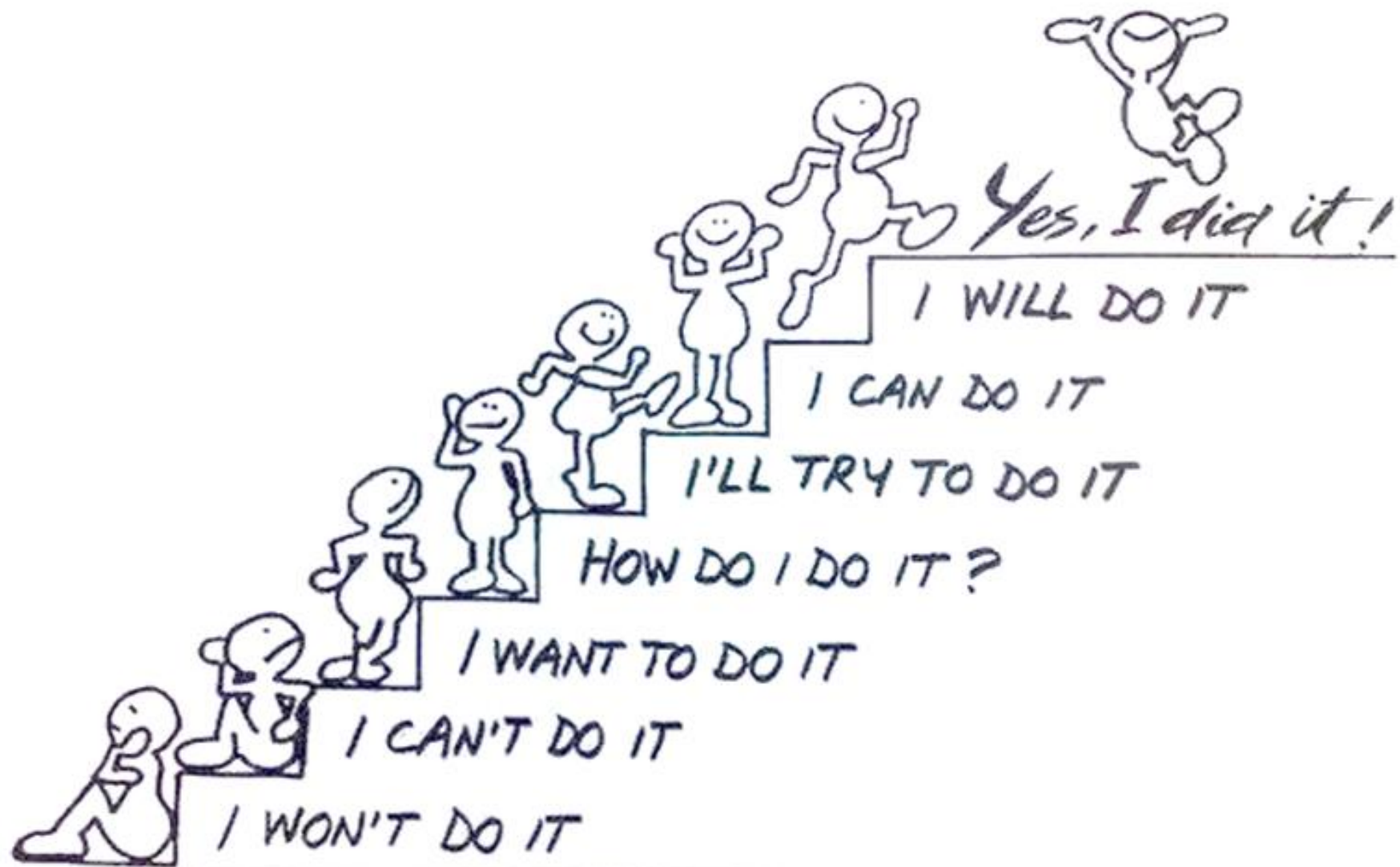
Growth Mindset

Capitalise on mistakes and confront deficiencies.

“I would work harder in class from now on.”

“I would spend more time studying for the test.”





WHICH STEP HAVE YOU REACHED TODAY?

10 Growth Mindset Statements

FIXED MINDSET



What can I say to myself?

INSTEAD OF:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

TRY THINKING:

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

GROWTH MINDSET



The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

Persistence



Failure



Sacrifice



Disappointment

Good habits



WHAT PEOPLE DON'T SEE

Dedication



Hard work

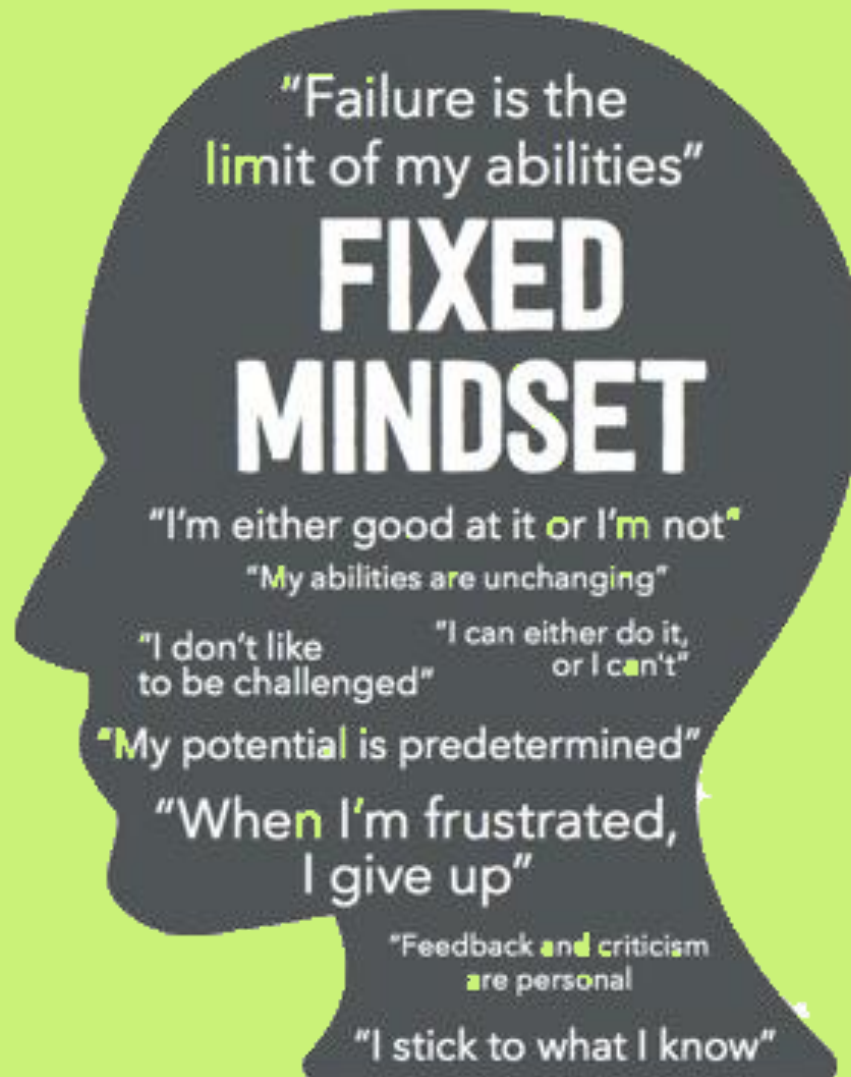


Growth Mindset at West Borough



Growth Mindset
Learning Pit
How do mistakes help me learn?
How does feedback help me become a better learner? (Links to Respect)
How does asking question help me learn? (Links to Equality)
Power of Yet!
How can I take responsibility for my learning? (Practise and applying strategies)
How does taking risks make me a better learner?

We will not let our children be this...



Our children will be this...

