

**Welcome to our
Growth Mindset
Workshop**





"Why do we fall Bruce?
So we can learn to
pick ourselves back up."
- Batman Begins

<https://www.youtube.com/watch?v=Ydeyl0vXdP0>

I try my best because...

'If I try my best it shows that I want to learn more and it means that when I am older I will get a good job'

'I really want to be good at everything'

'My mum thinks I can do more'

'If you don't try you don't succeed'

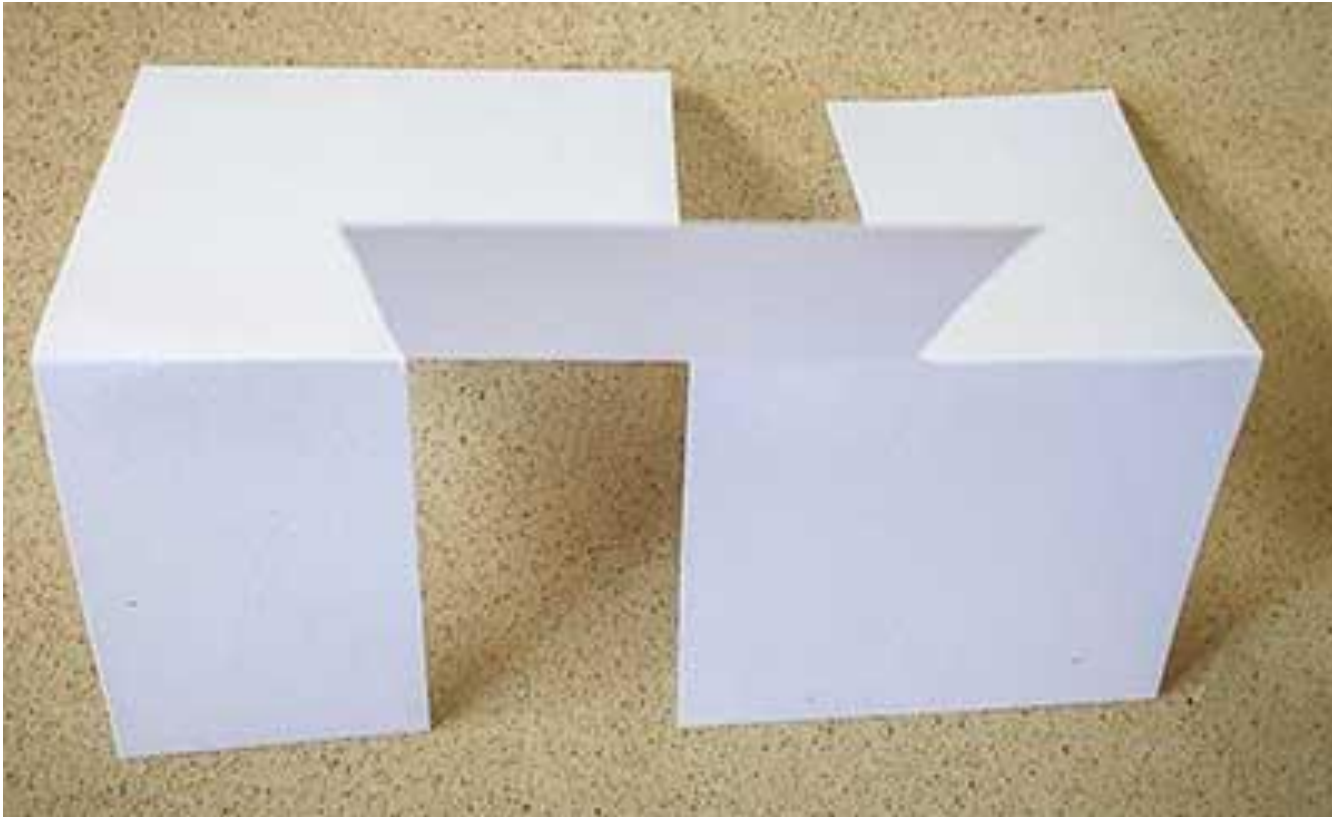
'I want to be in the top group'

'I know people will be proud of me by trying my hardest.'

'So I learn'

'I want to get stamps to finish my purple.'





- You can look at the example on your table but you cannot touch it or pick it up.
- You can work with a friend
- You have 5 minutes!



No matter what your current ability is, effort is what ignites that ability and turns it into accomplishment.

— Carol S. Dweck —

AZ QUOTES



Growth Mindset



<https://www.youtube.com/watch?v=EIVUqv0v1EE>

Fixed or Growth Mindset?

The power and
importance of
language.

ALICE:
THIS IS
impossible
THE MAD HATTER:
ONLY IF YOU
believe
IT IS
-ALICE IN WONDERLAND

-ALICE IN WONDERLAND

11 12



I can't do this!
I don't have
the talent!



I may not be
able to do this
now, but with
time and effort
I'll be able to!





Growth Mindset

Intelligence can be developed

Leads to a desire to learn and therefore a tendency to ...

If you hold a Growth Mindset, you believe that intelligence can be developed, that the brain can be grown and strengthened, like a muscle that can be trained. This leads to your desire to improve.

... embrace challenges

And how do you improve?
First you embrace challenges because you know you'll come out stronger on the other side.

... persist in the face of setbacks

Similarly, obstacles or external setbacks do not discourage you. Your self-image is not tied to your success or how you will look to others. Failure is an opportunity to learn and so, whatever happens, you will win.

... see effort as the path to mastery

As a Growth Mindset individual, you see effort as necessary to grow and master useful skills and knowledge; you do not view effort as something useless or to be avoided. You are not turned away by fears that you might make an attempt, or even work hard, and that failure is possible.

... learn from criticism

Criticism and negative feedback are sources of information. That doesn't mean that all criticism is worth integrating or that nothing is ever to be taken personally. As a Growth Mindset individual, you know that you can continue change and improve, so negative feedback is not perceived as being directly about you as a person but rather about the current state of your abilities.

... find lessons and inspiration in the success of others

You see the success of others as sources of inspiration, information opportunities to learn. Growth mindset individuals do not view success as a competitive, zero-sum game with others.

As a result, you reach ever-higher
levels of achievement.

All this gives you a greater sense of free will.

As a Growth Mindset individual, you note your improvements and this creates positive feedback loops that encourage you to continue learning and improving.
Most people do not have a 100% Growth Mindset or a 100% Fixed Mindset; most of us have some of both. The good news is that it is possible to change your worldview from Fixed Mindset to Growth Mindset. Carol Dweck's research indicates that both children and adults can be taught to change their mindsets.

The learning pit



"This is what learning feels like."

I don't understand

It's too hard

I want to quit



I was right not to give up

Ah! I think I'm getting it

Maybe my LP can help

I'll try again



"If you can leap over the pit, you're probably not learning!"

When a child tells you they don't like or are no good at something, encourage them to use the word **YET**.

"I don't like this **yet**" leaves room for change.

"I'm no good at this **yet**" gives space for improvement.

YET

A very cool word.

"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning."

- Carol Dweck



How can you help at home?

Avoid saying 'I was rubbish at Maths/sport/spelling' etc!

Praise the effort that your child puts in and ask them about the strategies they have used/are using.

Allow your child to make mistakes...try not to do things for them but ask what might help them succeed.

Model positive Growth Mindset language...it works for grown ups too!

Try not to compare your child's achievements to others by using words such as 'smart' and 'intelligent'



Books for grown ups ...

Growth Mindset - Carol Dweck

Bounce - Matthew Syed

The Chimp Paradox - Steve Peters

The Growth Mindset Pocket Book



Websites

<http://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things>

<https://www.mindsetworks.com/parents/growth-mindset-parenting>

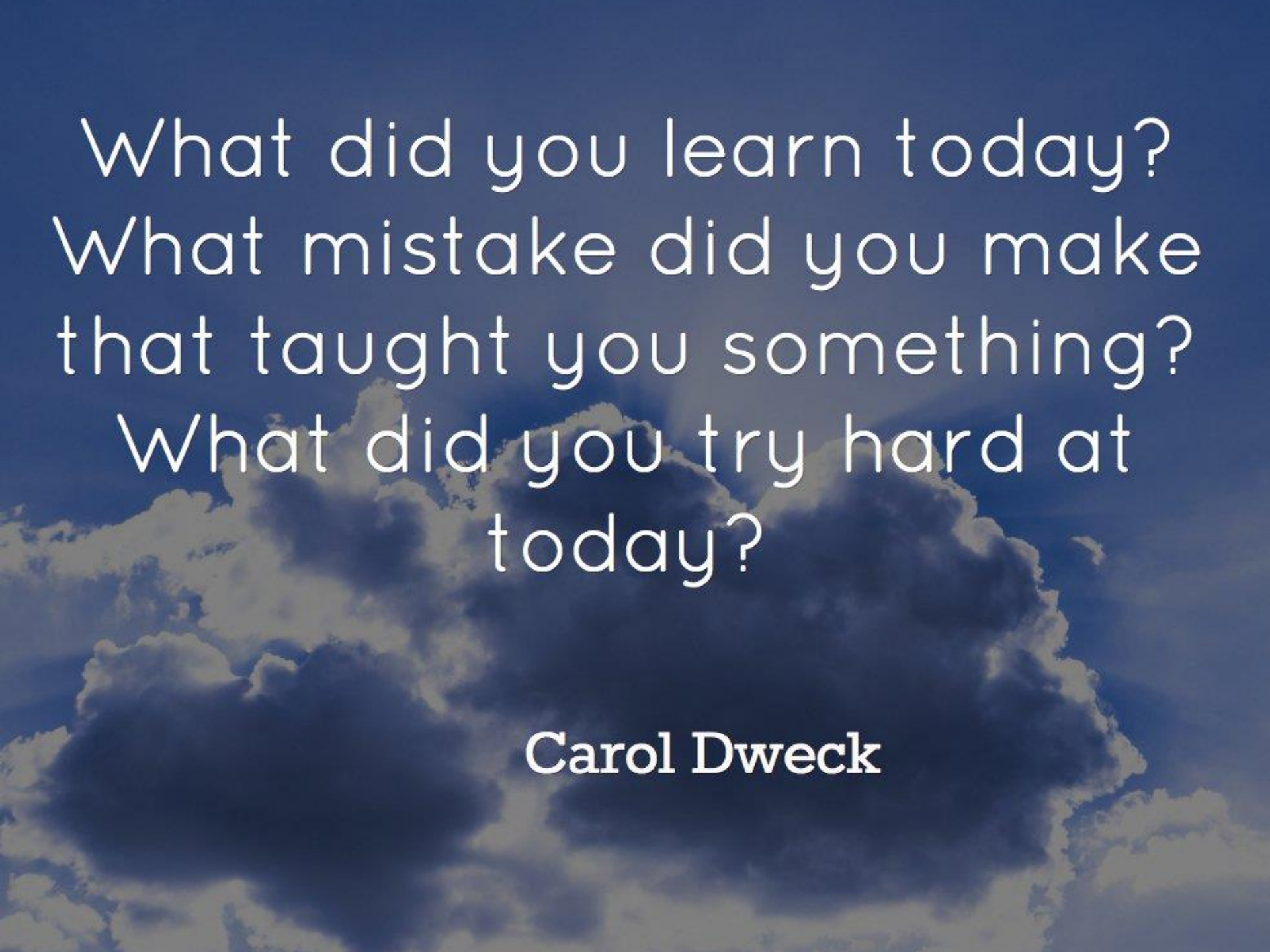
https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve



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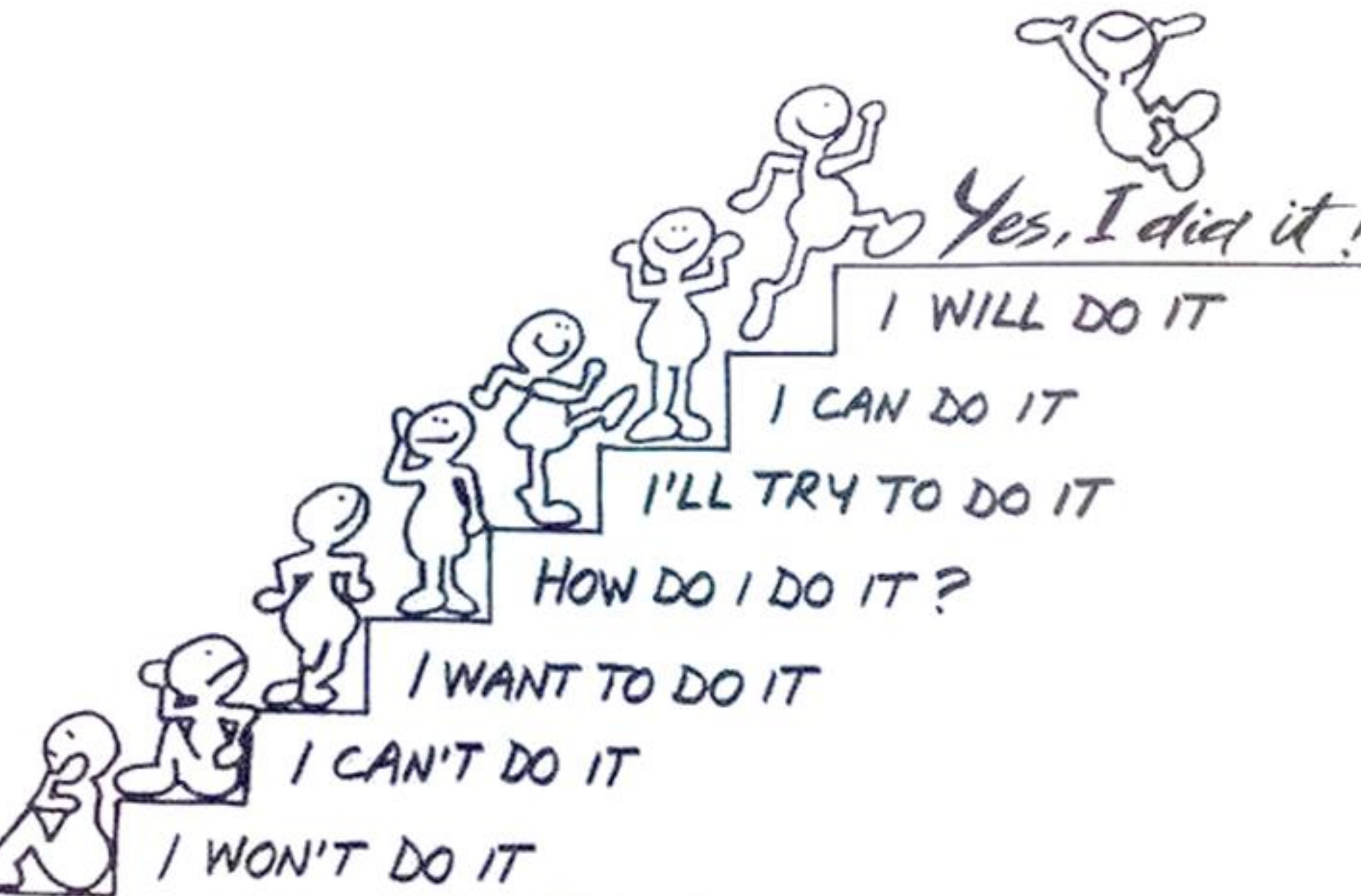
<https://www.youtube.com/watch?v=EUm-vAOmV1o>





What did you learn today?
What mistake did you make
that taught you something?
What did you try hard at
today?

Carol Dweck



WHICH STEP HAVE YOU REACHED TODAY?