Think about the language you use

Psychologist Carol Dweck says:

“"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. That way, their children don’t have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.”

Growth Mindset
What to say:

“Think about the language you use

Fixed Mindset
What not to say:

“Great effort! You tried your best.”
*Don’t accept less than optimal performance from your students.

Websites and Recommended Reading

Mindset book by Carol Dweck
BBC support online
http://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things
The Effect of Praise on Mindsets video (Carol Dweck)
www.youtube.com/watch?v=TTXrV0_3UjY
The Perils and Promises of Praise (Carol Dweck) leaflet
www.ascd.org/publications/educational-leadership/oct07/vol65/num02/The-Perils-and-Promises-of-Praise.aspx
Growth Mindset (Carol Dweck’s website)
www.mindsetonline.com/abouttheauthor/

A Guide for Parents

At Primrose Hill, we are encouraging all children to develop a Growth Mindset, and we need your help!

Children with a Growth Mindset:

- Are better able to cope with challenge
- Have higher achievement levels
- Have a positive relationship with learning
- Are more independent, active and confident
- Like learning from mistakes and know that practise makes perfect

Primrose Hill Primary School

‘Growth Mindset’
How can I help my child to develop a Growth Mindset?

5 key things...
1. Talk about the effort you put in when you want to improve at something. Praise effort, practice, skills, resilience and grit!
2. Avoid the language of innate ‘talent’ and ‘gifts’.
3. Acknowledge it’s ok to make mistakes... it’s how you learn from them!
4. Do not encourage comparisons with others but do encourage emulation of effort!
5. The power of yet!

Questions to ask children
- What happened today that made you keep on going?
- What can you learn from this?
- What mistake did you make that taught you something?
- What strategy are you going to try now?
- What will you do to challenge yourself today?
- What will you do to improve your work?
- What will you do to solve this problem?

What do these mindsets look like?

Growth Mindset vs. Fixed Mindset