

Think about the language you use

Growth Mindset

What to say:

"When you learn how to do a new kind of problem, it grows your math brain!"

"If you catch yourself saying, 'I'm not a math person,' just add the word 'yet' to the end of the sentence."

"That feeling of math being hard is the feeling of your brain growing."

"The point isn't to get it all right away. The point is to grow your understanding step by step. What can you try next?"

Fixed Mindset

What not to say:

"Not everybody is good at math. Just do your best."

"That's OK, maybe math is not one of your strengths."

"Don't worry, you'll get it if you keep trying."*

*If students are using the wrong strategies, their efforts might not work. Plus they may feel particularly inept if their efforts are fruitless.

"Great effort! You tried your best."*

*Don't accept less than optimal performance from your students.

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."

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/



Primrose Hill Primary School

'Growth Mindset'



A Guide for Parents

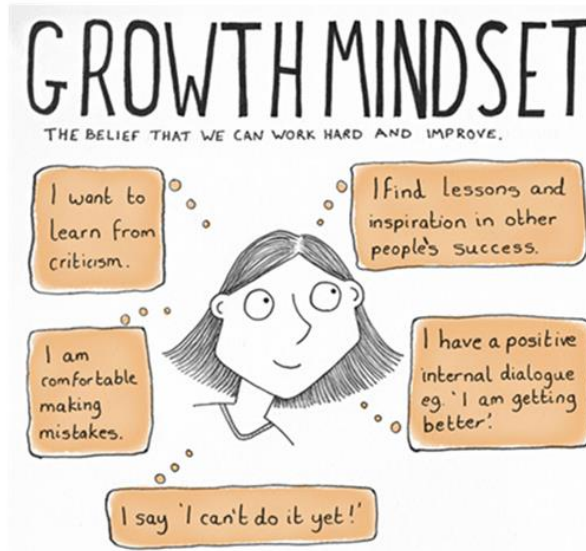
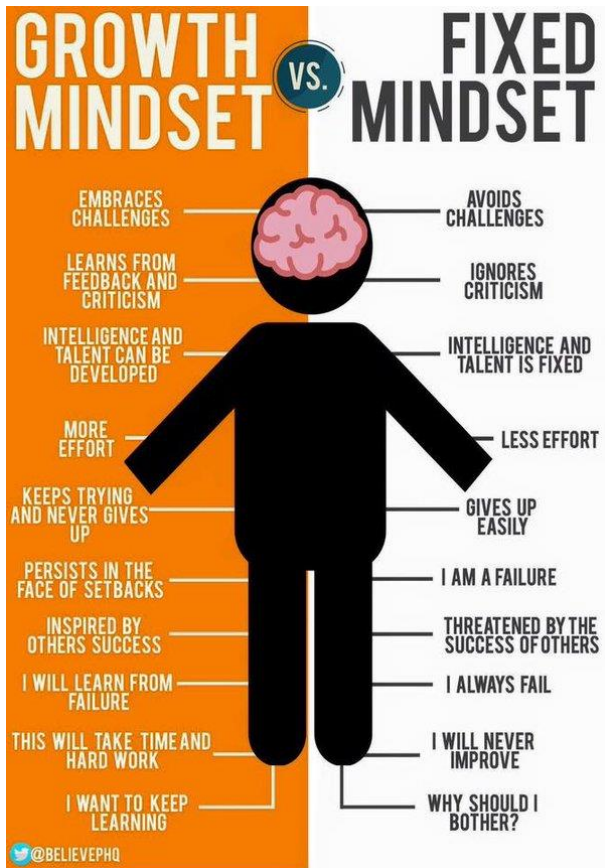
At Primrose Hill, we are encouraging all children to develop a *Growth Mindset*, and we need your help! Children with a Growth Mindset;

- 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

Growth Mindset vs. Fixed Mindset

What do these mindsets look like?

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?