

GROWTH MINDSET



INSTEAD OF...
I'M NOT GOOD AT THIS
I GIVE UP
IT'S GOOD ENOUGH
I CAN'T MAKE THIS ANY BETTER
THIS IS TOO HARD
I MADE A MISTAKE
I JUST CAN'T DO THIS
I'LL NEVER BE THAT SMART
PLAN 'A' DIDN'T WORK
MY FRIEND CAN DO IT

TRY THINKING...
WHAT AM I MISSING?
I'LL TRY A DIFFERENT STRATEGY
IS THIS REALLY MY BEST WORK?
I CAN ALWAYS IMPROVE
THIS MAY TAKE SOME TIME
MISTAKES HELP ME LEARN
I AM GOING TO TRAIN MY BRAIN
I WILL LEARN HOW TO DO THIS
THERE'S ALWAYS PLAN 'B'
I'LL LEARN FROM THEM



Believes that knowledge and skills are fixed traits that can't be changed
Doesn't like to try new things
Avoids challenges and doesn't like to fail
May blame others for failures
Takes feedback/criticism personally
Doesn't attempt to improve or change

VS

Believes that knowledge and skills can be developed with hard work
Likes to try new things
Likes challenges and isn't afraid of failing
Sees failure as a chance to grow
Sees feedback as opportunity to develop
Seeks opportunities to improve and change

GROWTH MINDSET TIPS FOR MINDSET AT HOME



WHY IS MINDSET SO IMPORTANT?

Life is full of challenges and obstacles, but how we face them is the key to our success. At Axholme we encourage our Students to take on challenges wholeheartedly, learn from their setbacks and try again and again not giving up. Learning should be messy!

ENJOY LEARNING, EVEN WHEN YOU THINK YOU'RE NOT GOOD AT IT

IMPROVES CONFIDENCE AND SELF-ESTEEM

BETTER AT TAKING RESPONSIBILITY FOR YOUR LEARNING

INCREASES RESILIENCE

ENJOY PUTTING IN TIME AND EFFORT, RATHER THAN FEARING THEM

EMBEDDING SKILLS THAT EMPLOYERS ARE LOOKING FOR

IMPROVES ATTAINMENT

PEOPLE WITH A GROWTH MINDSET BELIEVE:

INTELLIGENCE IS MALLEABLE

LEARNING REQUIRES HARD WORK AND EFFORT

EVERYBODY CAN LEARN AND IMPROVE

A PERSONS POTENTIAL CANNOT BE MEASURED

PROCESS PRAISE!

Process praise focuses on the effort and strategy behind a specific behaviour. "You worked hard!"

What should I praise?

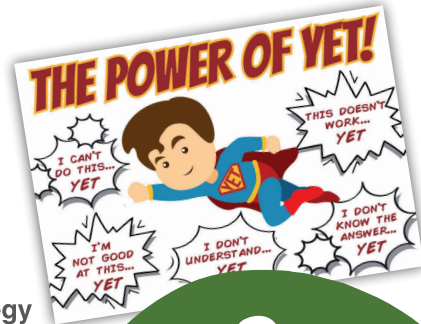
EFFORT, MOTIVATION, STRUGGLE AND PERSISTENCE

DESPITE SET BACKS

STRATEGIES AND CHOICES

CHOOSING DIFFICULT AND CHALLENGING TASKS

LEARNING AND IMPROVING



**GROWTH
MINDSET**

HOW DO I CULTIVATE A GROWTH MINDSET AT HOME?

Help your child reconnect with a time that they learnt something new that was a stretch or challenge point out the development nature of 'getting good' – we all go through the process of making a lot of mistakes, practicing then getting better.

Help children get curious about mistakes help them reframe a mistake as new information, or as a step in the process of learning. In addition help them incorporate self correction in their own process

Help students learn to hear their own fixed mindset voices Capture and in a gentle and appropriate way share their own statements with them. Most children are unaware of this 'self-talk' because it has gone on so long and is subliminal.

Help children talk back to negative self-talk with a growth mindset voice Give them the language "I am willing to learn new skills" "I can't do equations, yet" "This may take some time and effort"

Model growth mindset at the table At dinner tell your child about when you didn't know the answer to a recent question, who did you ask for help, how did you find out the answer? At breakfast: ask questions about their opportunities for learning and growth in the coming day or week. What questions do they need answers to? What do they want to learn/practice and/or get better at today or this week?

Avoid labels and give growth mindset process praise Don't label your self in ways that model a fixed mindset "I'm a terrible cook", "I was never good at maths" Shift your child's attention to process that lead to outcome. Praise and value effort, practice, self correction and persistence. Don't shelter your child from a failed task, Ask: "what can you learn from this experience?" "what will you do differently next time?"

Get curious about your child's work through questioning How did you figure that out? What's another way you could have done that? How many times did you try it before it turned out that way? What here was challenging and how did you figure it out? What do you plan to do next time?

