

# Which is the odd one out?



# Developing a growth mindset culture in school

We all need to move away from having a fixed mindset



# What is growth mindset?

- Carol Dweck – a Professor of Psychology
- Growth mindset – about cognition and metacognition – about enjoying learning and being successful as a learner.



# Your brain is like a muscle

- When you train your muscle, the muscles will train based on the amount of EFFORT you put into making that change.
- This is proven to be the same with your brain.

THE MORE EFFORT YOU PUT  
INTO YOUR LEARNING, YOUR  
BRAIN WILL CHANGE



# Black cab taxi training in London

How long do you think it takes to become a black cab taxi driver in London?

3 years

Taxi drivers need to be able to work out alternative routes mentally throughout the City to avoid excessive congestion.

The training was tested.

A driver's brain development  
Increased by 30% from the start to  
the end of the training.



# ***What is a mindset?***

# *We all have a mindset*

## **Growth Mindset**

**Intelligence  
and talent can  
go up or down**

## **Fixed Mindset**

**You think that  
intelligence  
and talent are  
fixed a birth**

**Many of us have a fixed mindset in some experiences and subjects and a growth mindset in others**



# What Kind of Mindset Do You Have?



I can learn anything I want to.  
When I'm frustrated, I persevere.  
I want to challenge myself.  
When I fail, I learn.  
Tell me I try hard.  
If you succeed, I'm inspired.  
My effort and attitude determine everything.



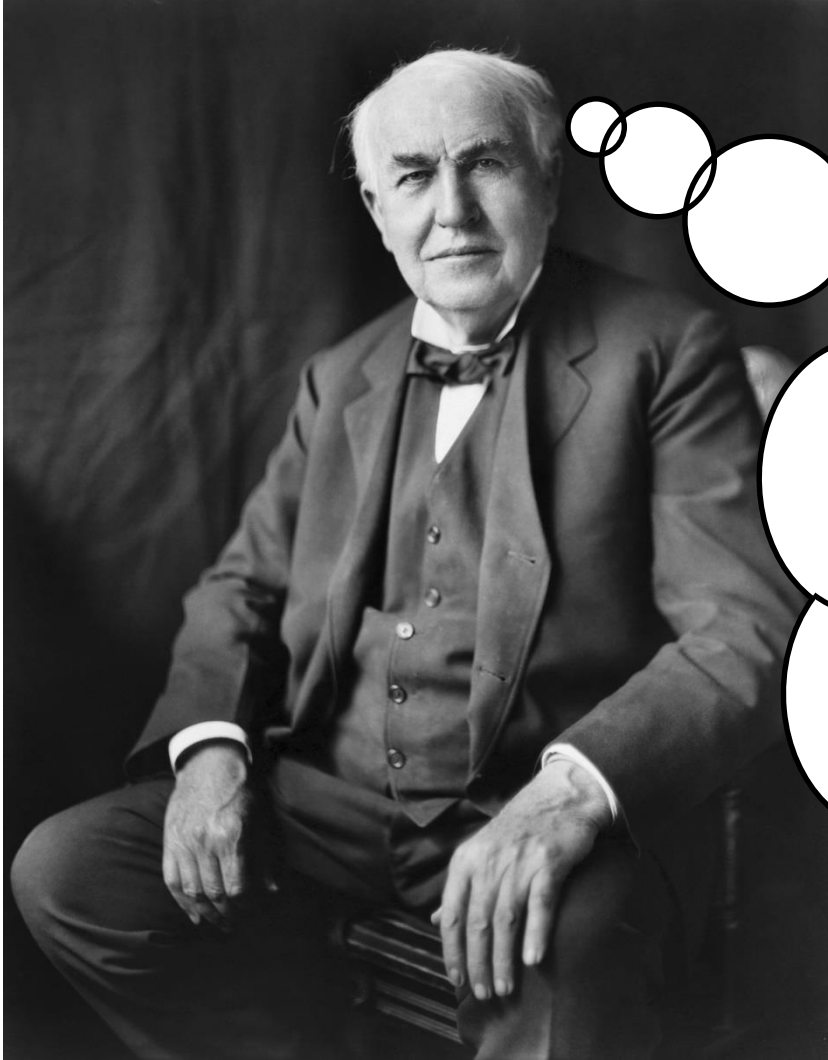
I'm either good at it, or I'm not.  
When I'm frustrated, I give up.  
I don't like to be challenged.  
When I fail, I'm no good.  
Tell me I'm smart.  
If you succeed, I feel threatened.  
My abilities determine everything.



***A Growth mindset  
begins with us all –  
what do we do when  
things become  
difficult?***



# Thomas Edison



“I have not failed. I’ve just found 10 000 ways that won’t work.”

***Children are exposed to people who are  
at the pinnacle of their careers.***

**Katie Greaves**



**Matt Gotrel**





**It all appears effortless and that it ‘just happened’. The reality of success is the zig zag road up a mountain.**



<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

## **Growth mindset focuses on a LEARNING GOAL**

- Students want to find out more
- They want to play to the best of their abilities
- It's about the PROCESS rather than the END GOAL

## **Fixed mindset focuses on PERFORMANCE GOALS**

- Will aim for a particular goal
- Will either achieve the goal or they won't
- Increased anxiety and frustration

# ***Promoting learning goals***

- We all need to think about the process of learning and what is needed to master new things.
- This year, in all aspects of the curriculum, is about developing:-
  - **PERISTENCE**
  - **TRYING OUT DIFFERENT STRATEGIES**
  - **REPETITION**
  - **MAKING MISTAKES**
  - learning from **TRIAL & ERROR**



# Giving children growth mindset language

## **Effort**

Challenge

Perseverance

Thinking

Learning

Feedback

Decisions

Challenge

Mistakes

Determination

## **Good mistakes**

Grit

Useful failure

Growth

Trial and improvement

Thinking and Thinking

Reflection

Persistence

Resilience

Process

Which 5 words could we use across the school to develop a growth mindset? Discuss.

# Mental Contrasting

*The contrast is drawn between what is desired and what needs to be done to make that desire a reality.*

If.....then.....

e.g. **If** I want to play the piano, **then** I must practice every night.

**If** I want to get full marks on my spelling test, **then** I must practice my spellings once in the morning and once in the evening

# Pay attention to Working Memory

Working memory is limited.

It's limited to approximately 7 pieces of information.

If a child's working memory becomes overloaded they will likely run into difficulties.

Can lead children to withdraw from their learning.

How can we help?





WHICH STEP HAVE YOU REACHED TODAY?

## The Learning Pit



**Good learners go into the PIT!**

To reach a higher level of understanding,  
you must conquer.....

# "the pit"

