

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?

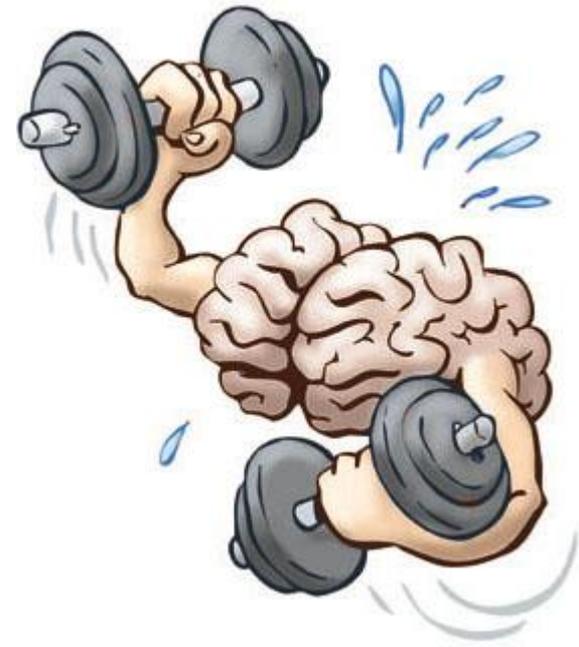
- Carol Dweck – a Professor of Psychology
- Growth mindset – about cognition and metacognition – about enjoying learning and being successful as a learner.



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.

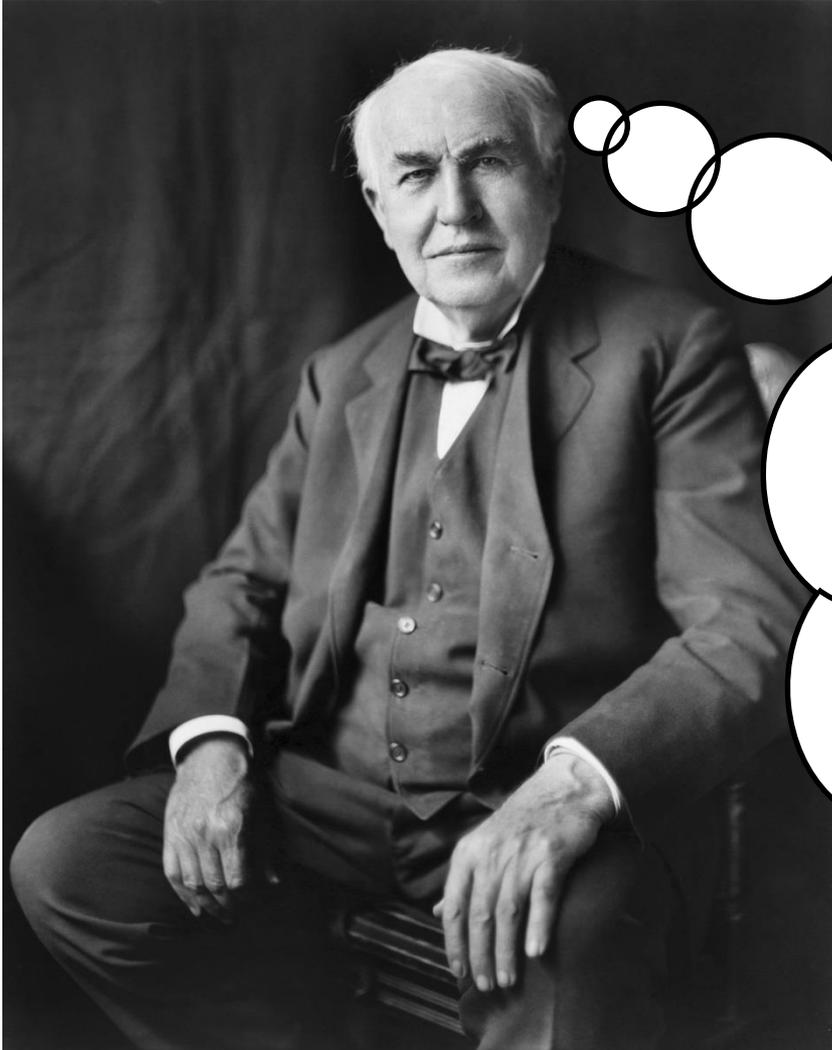


I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

***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.

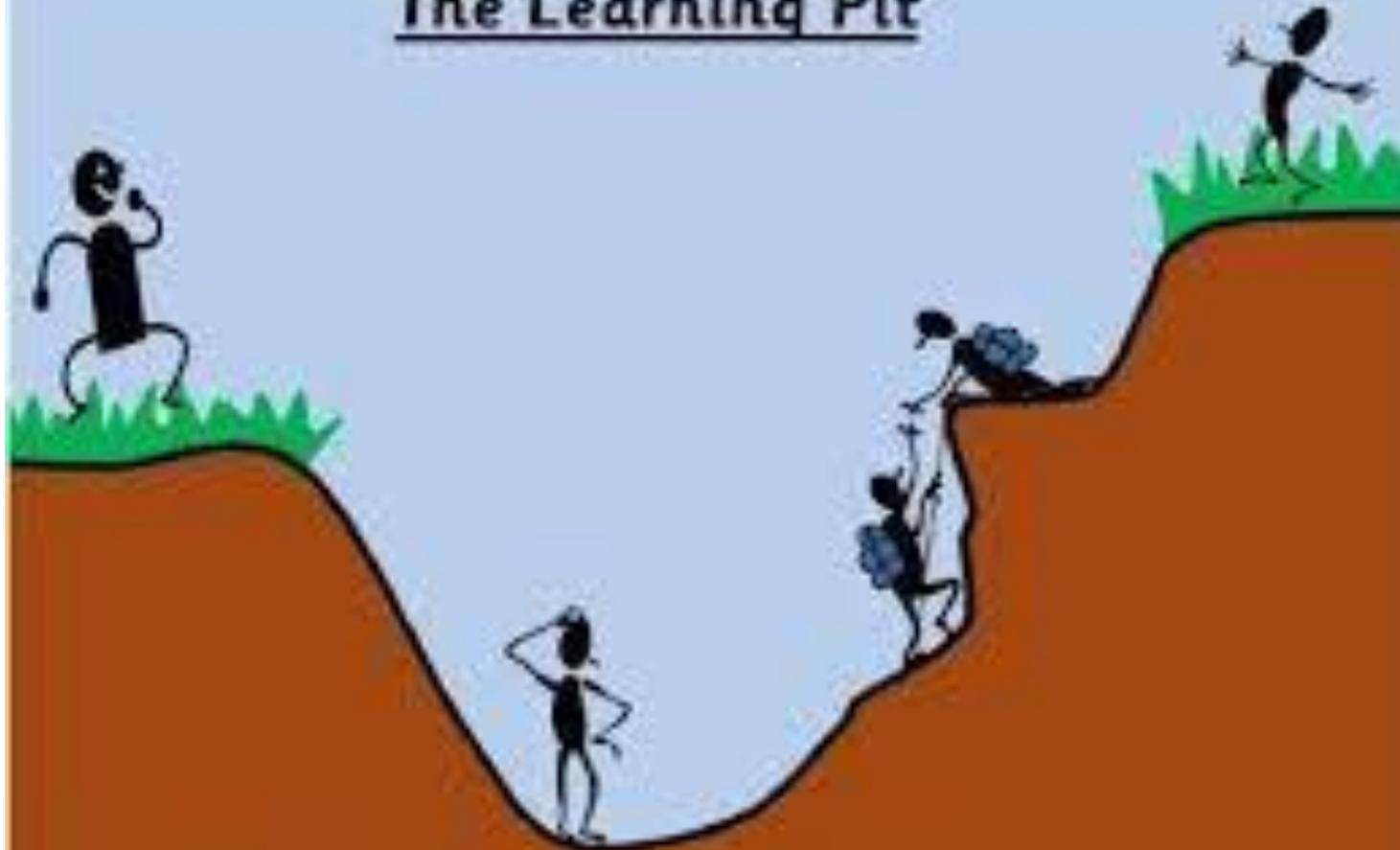
How can we help?





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"

0 zero understanding

1
2 understand a little bit

3
4 understand some of it

5
6 mostly understand

7
8 almost there...

9
10 I understand!

10

I understand!