

Parent Forum

Growth Mindset

March 2017

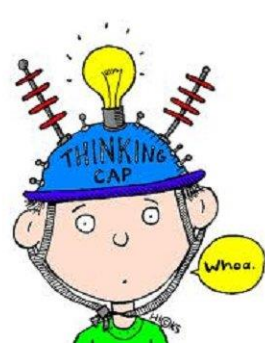
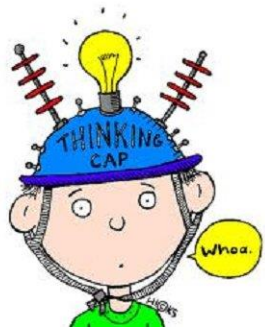


Growth Mindset



Aims of today's session

- To explore the principles of growth mindset
- To share the research that we are using to inform our practice
- To discuss ways you can share growth mindset messages at home.



Fixed mindset VS Growth mindset

What do you know?
What do you want to know?



Carol Dweck



[Follow this link to watch the video!](#)

Jo Boaler



Brain science video – click play!

Jo Boaler



Brain Science ▾ Week of iMath Ideas & Tasks ▾ Courses ▾ Parents **Students** Resources ▾ Community ▾ Q

Anyone Can Learn to High Levels	Mistakes Grow Your Brain	When You Believe In Yourself Your Brain Operates Differently
Ideas of "Giftedness" Hurt Students	Speed and Time Pressure Block Working Memory	Visual Math Improves Math Performance
When You Believe In Your Students They Do Better	Parents' Beliefs about Math Change Their Children's Achievement	Aligning Assessment to Brain Science

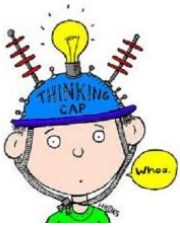
<https://www.youcubed.org/think-it-up/>



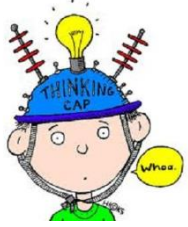
Research has shown...



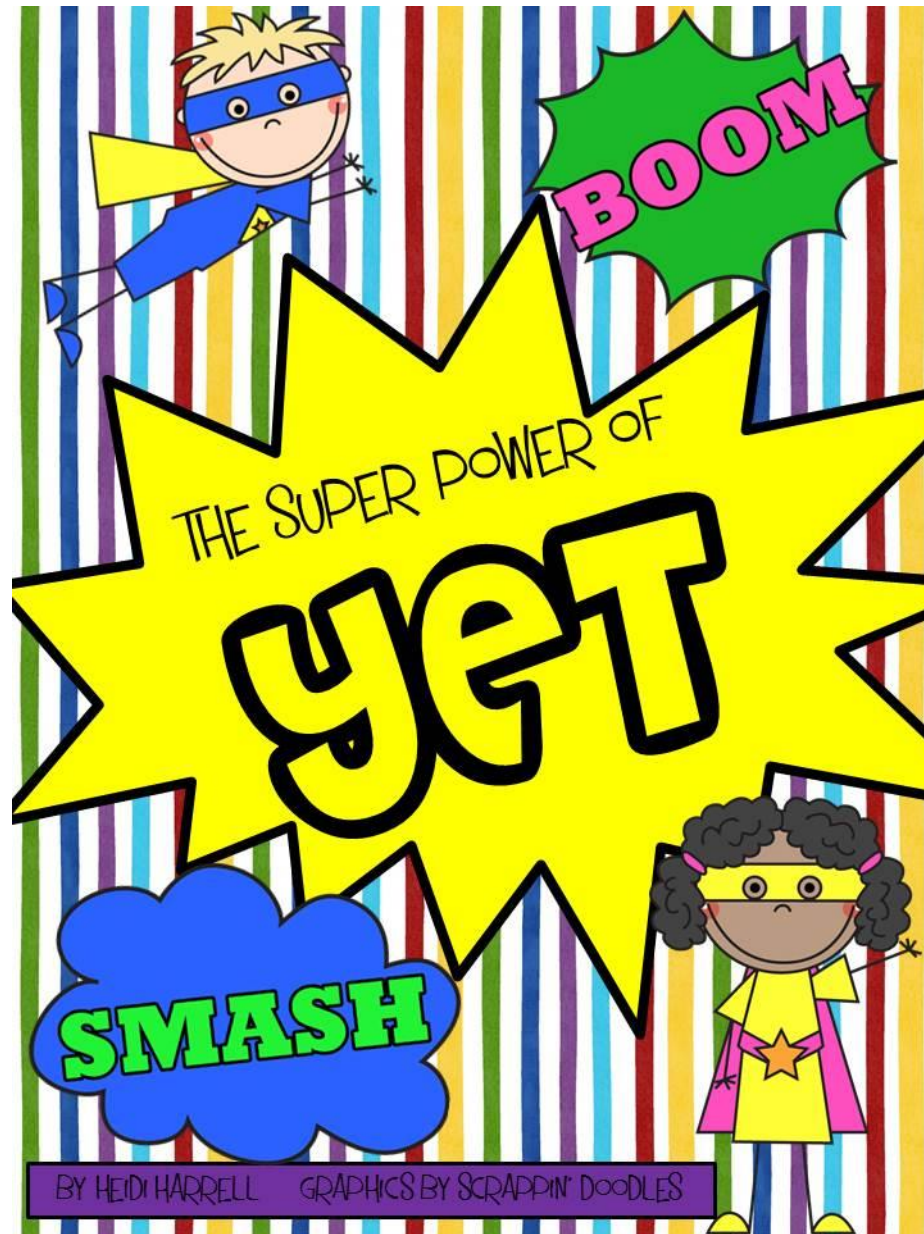
- Ideas of 'Giftedness' hurt students
 - Need to work hard = not clever → knocks self-esteem and sense of self
 - Preference to take easy work or cheat
- Small differences in the brain at birth are quickly eclipsed by experiences
- Role of praise is vital – praise effort and attitude, not talent or cleverness!



Research has shown...



- Brain plasticity → Mistakes grow your brain
- We all need to value struggle and mistakes.
 - ✓ **I can't do it yet!**
 - ✓ **We must struggle and make mistakes for our brains to grow!**
 - ✓ **We need to be comfortable with being uncomfortable**



BY HEIDI HARRELL GRAPHICS BY SCRAPPIN' DOODLES

The Learning Pit

Facing a Challenge

You may feel anxious, nervous, scared, excited or comfortable.



Deep Learning

You may learn a sense of collaboration and concentration.



Successful Learning

You should feel achievement and pride.



Having a Go

You may feel interested, hooked and use prior knowledge.

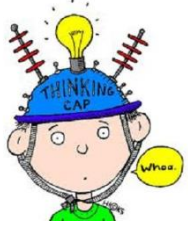
Problem Solving

You may feel anger, distraction, frustration, challenge, confusion or uncomfortable.





Research has shown...



- MINDSETS CHANGE LEARNING

 - Resilience

 - Persistence

- When you believe in yourself, your brain operates differently
- Children do better when we believe in them

**We need to model a positive mindset
and learning behaviours!**