



# A Growth Mindset


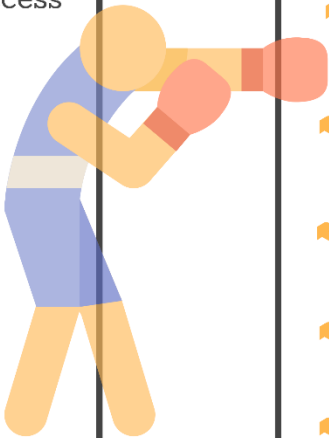










## What is Growth Mindset?

People with a fixed mindset believe that their traits are just givens; they have a certain amount of brains and talent and nothing can change that.

### Why is it important to develop a growth mindset?

People with a growth mindset see their qualities as things that can be developed through their dedication and effort. They understand that no one has ever accomplished great things without years of passionate and patient practice and learning.

We believe that having the highest expectations of students is important as, in our experience, students will perform according to our expectations in almost every way. We have to adopt a growth mind-set about our students and encourage you to do so as parents.

Fixed	V	Growth
 Feels threatened by the success of others		 Find lessons and inspirations in the success of others
 Ignore useful feedback		 Learn from constructive criticism
 See effort as fruitless or worthless		 See effort as the path to mastery
 Give up easily		 Persist in the face of setbacks Embrace challenge
 Avoid challenge		 Desire to learn
 Desire to look smart		

## What can you do as parents to encourage a growth mindset?

As students begin to work on their learning, growth mindset LANGUAGE guides and motivates them to ensure that they remain persistent, resilient and focussed on the process of learning. It is important to give learners feedback about the progress and the results so they can specifically see their growth.



## A Growth Mindset

**TRY TO USE THESE PHRASES WHEN INTERACTING WITH YOUR CHILDREN IN THE FOLLOWING SITUATIONS:**

### **When they struggle despite strong effort:**

- Ok, so you didn't do as well as you wanted to. Let's look at this as an opportunity to learn.
- What did you do to prepare for this? Is there anything you could do to prepare differently next time?
- When you think you can't do it remind yourself that you can't do it yet!
- I expect you to make some mistakes. It is the kind of mistakes along the way that tell me how to support you.
- Mistakes are welcome here- think of mistakes as practice.
- You might be struggling but you are making progress. I can see your growth (in X place).
- Look at the progress you made (yesterday, last week) Do you remember how much more challenging this was last (yesterday/last week/last term/last year)?
- If it were easy you wouldn't be learning anything.
- You can do it. It's tough so let's break it down into steps.
- Let's stop here and return tomorrow with a fresher brain.
- I admire your persistence and appreciate your hard work. It will pay off.

### **When they struggle and need help with strategies:**

- Let's look about how to improve (the accuracy of) this.
- Let me add new information to help solve this.
- What new information would you need to solve this?
- Describe your process for completing this task. Let's do one together, out loud.
- Let's practice (skill) so we can move it from short term to long term memory.
- Just try- we can always fix mistakes once we see where you are getting held up.
- What parts were difficult for you?

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## **When they are making progress:**

- That's a tough problem/task/concept/ that you've been working on for a while. What strategies are you using?
- I can see a difference in this work compared to X. You have really grown in these areas.
- I see you using your notes/strategies/tools etc. keep it up!
- Your hard work is evident in your project/assignment/essay/process/homework

## **When they succeed easily without effort:**

- It's great that you have that down. Now you will need to find something a bit more challenging so you can grow/develop skills.
- I don't want you to be bored because you are not challenging yourself.
- We need to raise the bar for you now.
- What skill would you like to work on next?
- What topic would you like to learn more about next?

## **When they succeed with strong effort:**

- I am so proud of the effort you put in to/with X.
- I am proud of you for not giving up, and look what you have to show for it!
- Congratulations-you really used great strategies for studying, managing your time/behaviour etc.
- I want you to remember for a moment how challenging this was when you began. Look how far you have come.
- All that hard work and effort has paid off!
- The next time you have a challenge like this, what will you do?
- What choice did you make that you think contributed to your success?
- It's exciting to see the difference in your work when I compare it to your earlier work.
- I can see you really enjoyed learning X.

# TWO MINDSETS

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Graphic by Nigel Holmes

