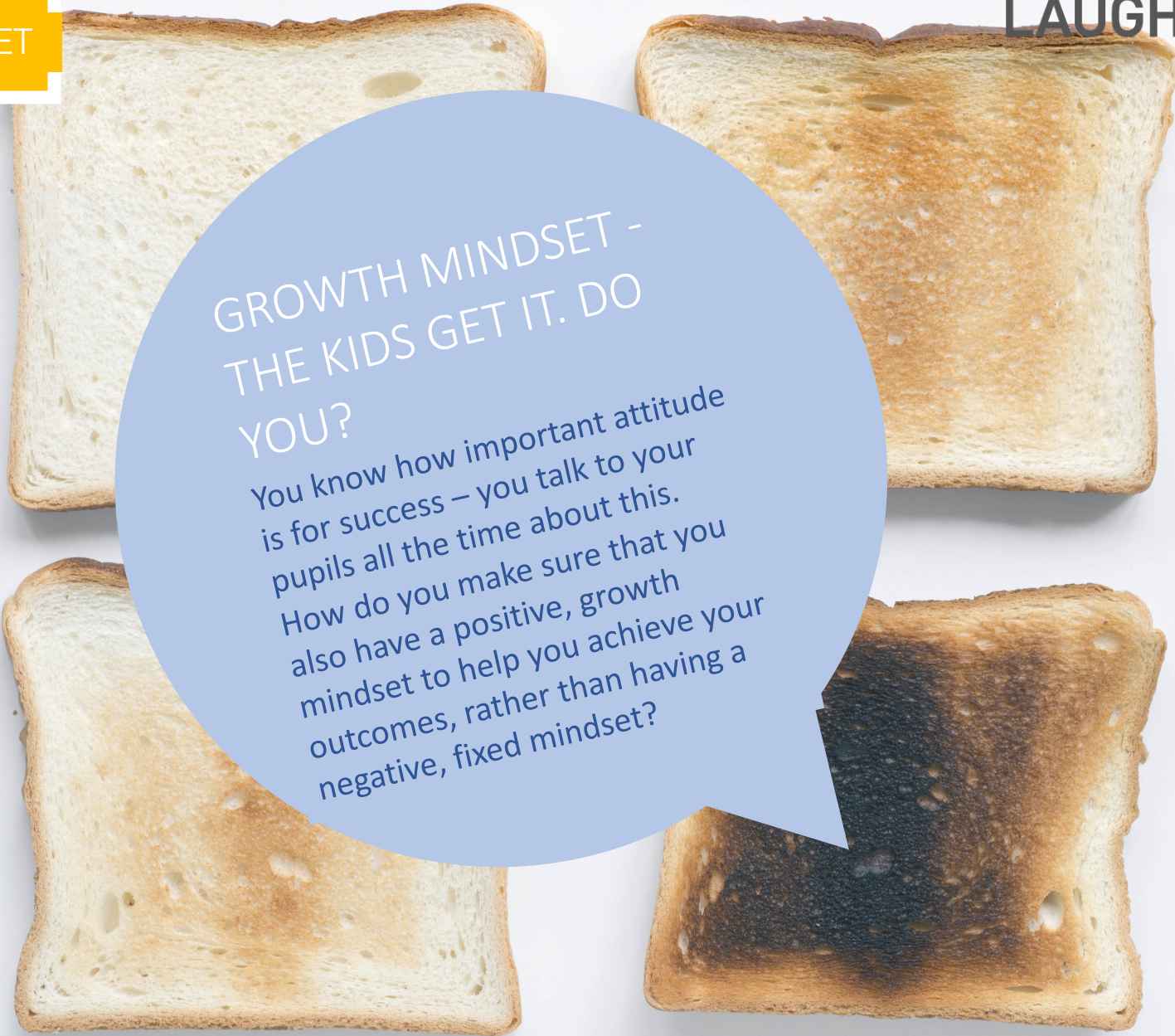


GROWTH MINDSET -  
THE KIDS GET IT. DO  
YOU?

You know how important attitude is for success – you talk to your pupils all the time about this. How do you make sure that you also have a positive, growth mindset to help you achieve your outcomes, rather than having a negative, fixed mindset?





# GROWTH MINDSET

## A little bit of science...

Growth mindset is a strong belief and desire to learn, and an attitude that skills and ability can be developed. In contrast, a fixed mindset means thinking that skills and abilities are 'fixed'. This leads to us thinking that there is no point in having a go, as there is nothing we can do to improve.

Shifting from a fixed mindset to a growth mindset, can be the difference between saying/feeling 'I can't' or 'We've always done it like that' to 'I can't yet' or 'Let's try another way.'

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

We know that;

- People with a growth mindset work harder, are more persistent, and are more open to challenges, than people with a fixed mindset.
- People with a growth mindset learn and grow faster and better, than people with a fixed mindset.
- Having a fixed mindset can lead to us putting others 'in a box' – 'That child won't be able to' 'They're the worst behaved class in the school.'
- Having a growth mindset can help us to embrace challenges – 'What can I do differently, so that that child can?' 'How can I change my approach to help them become the best behaved class in the school?'

### Is it okay to make mistakes?

We all make mistakes – and some are bigger than others! The important thing is how we react to them.

Have you ever written something on a flip chart, made a mistake and scribbled it out? How could you have used that as a learning opportunity instead?

Growth mindset is about always giving something a go, even if you get it wrong, and then learning from those mistakes for the future. If we take a growth mindset approach and make a mistake we;

- Reflect on what happened and why.
- Problem solve and think how we would do things differently next time.
- Are brave and have another go.

Making, and learning from, mistakes make you a better teacher. Modelling this helps children and young people become more successful learners too.

### A growth mindset helps us learn from setbacks and mistakes.

Have you heard of bouncebackability? It's the capacity to recover quickly from a setback. It's also about understanding that, just because something went wrong on this occasion, it doesn't mean that it will next time.

For example, you might get stuck when planning a new topic. You had a go, but weren't especially pleased with what you came up with and the first lesson didn't go well. In fact, it was a bit of a mess!

Having reflected on this, next time you might ask someone in school who has already taught the topic, or put a request out on social media, or ask the kids what would help you to improve.

Neuroscience tells us the brain is flexible and always up for learning.

So the ability to learn and take on new ideas and tasks is in us all, it's the belief of I can or can't that really is the sticking point. In short that's what growth mindset is; it's down to beliefs.

If we believe ability and intelligence are set; that we are or aren't born intelligent or with inherent skills, it leads to a lack of aspiration for others and a lack of effort and feelings of helplessness in ourselves - a 'what's the point?' attitude. People then attribute their failures to lack of ability and become discouraged, even in areas where they are more than capable.

On the other hand, those who understand they/others haven't tried hard enough, haven't tried all possibilities or might not know all the answers yet, learn more and are more open to learning from mistakes.