

# Nurturing a Growth-Mindset

## Growth-Mindset in a nutshell

Dr. Carol Dweck Stanford University California carried out some research on **the profound effect of a person's mindset, or attitude about learning**, and the impact it can have on **motivation and academic performance**. In her research, Dr. Dweck identified two types of mindsets; the fixed mindset and the growth mindset.

Fixed Mindset	Growth Mindset
Intelligence is static.	Intelligence can be developed.
Leads to a desire to <i>look smart</i> and therefore a tendency to	Leads to a desire to <i>learn</i> and therefore a tendency to
• <b>avoid challenges</b>	• <b>embrace challenges</b>
• <b>give up easily due to obstacles</b>	• <b>persist despite obstacles</b>
• <b>see effort as fruitless</b>	• <b>see effort as path to mastery</b>
• <b>ignore useful feedback</b>	• <b>learn from criticism</b>
• <b>be threatened by others' success</b>	• <b>be inspired by others' success</b>

## Our Growth-Mindset Learning Culture

At Polehampton C of E Infant School, through a number of embedded strategies, we foster a learning culture that promotes:

- a love for **learning**
- the desire to be **challenged**.
- a belief that through **effort and practice** you can achieve your goals.
- the ability to **learn from mistakes**.
- emotional **resilience**.

## Ways to nurture a growth mindset at home

Model growth-mindset thinking with your child.

- Explain how you deal with challenges and how you continue to learn if life.
- You are their most important role model, so try to avoid labelling yourself in ways that demonstrate a fixed mindset: "I'm a terrible cook" or "I always had trouble in maths too".

Praise effort, practice, and process

- When your child succeeds, talk about the effort and the process that led to the success.
- Identify mistakes as opportunities for learning: "What can you learn from this experience? What could you try differently the next time?"

Try using some growth-mindset language at home.

- "You can't do it **yet**"
- "I see you have been trying hard at..."
- "I like the way you...."
- "What a great learner"
- "Well done for having another go"
- "I see that you are trying again"
- "Great thinking"
- "What a brilliant way to approach the task"
  - See over for more ideas

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**GROWTH MINDSET!**



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