

Developing a growth mindset culture in Ysgol Caer Drewyn

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, looking at how to gain knowledge and understanding through thoughts experiences and our senses – about enjoying learning and being successful as a learner.



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 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?*



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



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

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

Mental Contrasting

The contrast is drawn between what is desired and what needs to be done to make that desire a reality.

If.....then.....

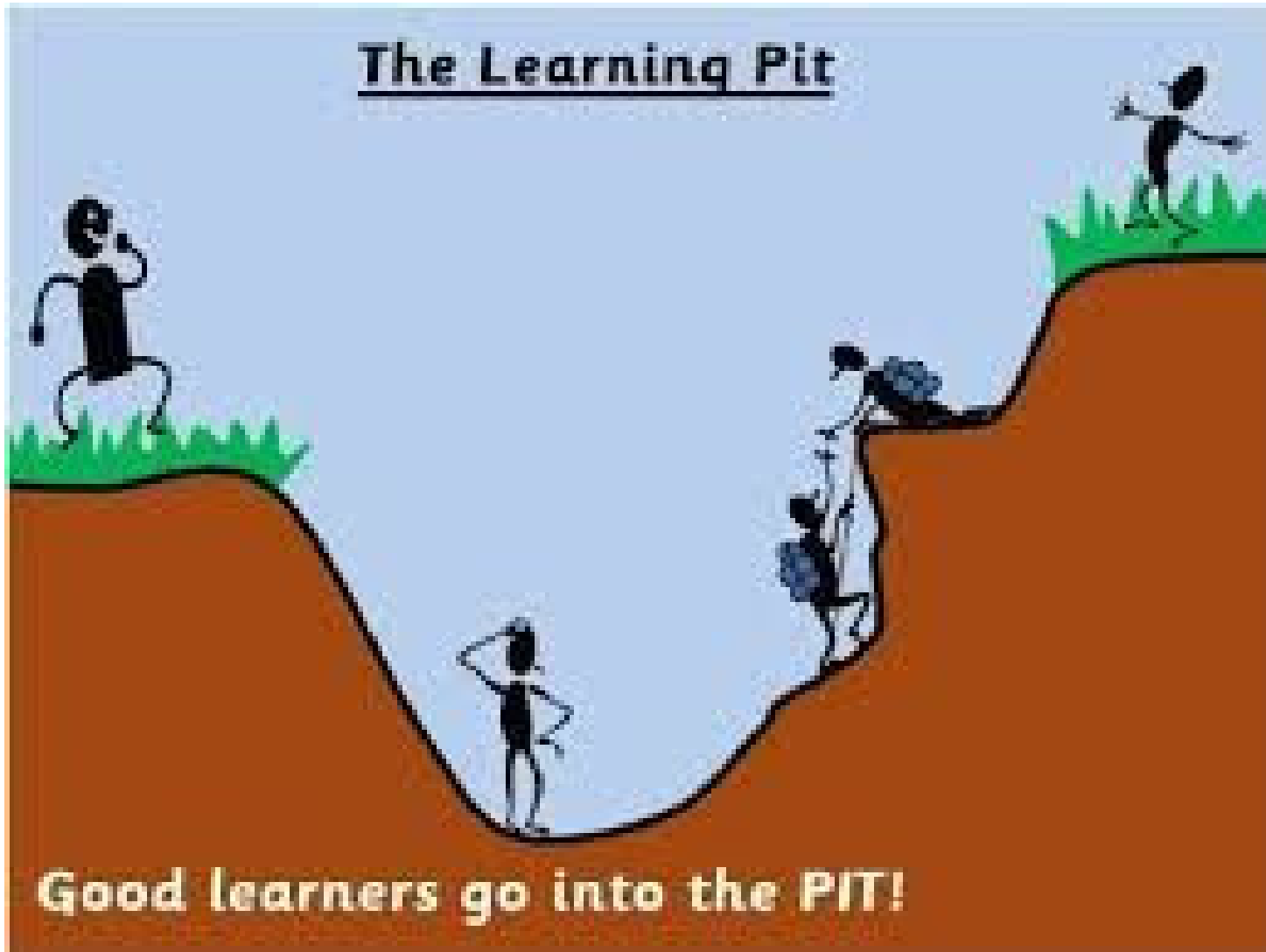
e.g. **If** I want to play the piano, **then** I must practice every night.

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

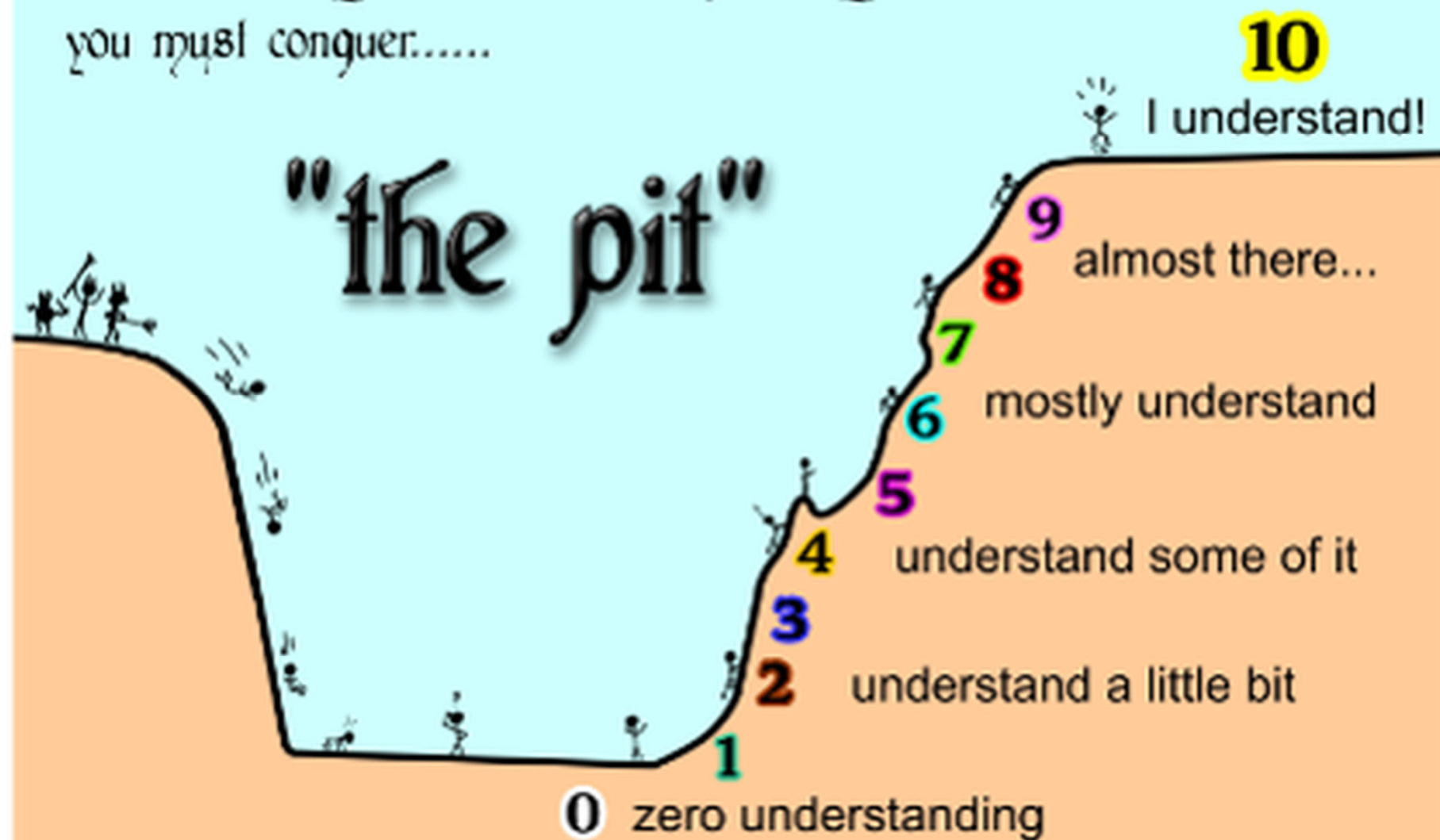


WHICH STEP HAVE YOU REACHED TODAY?

The Learning Pit

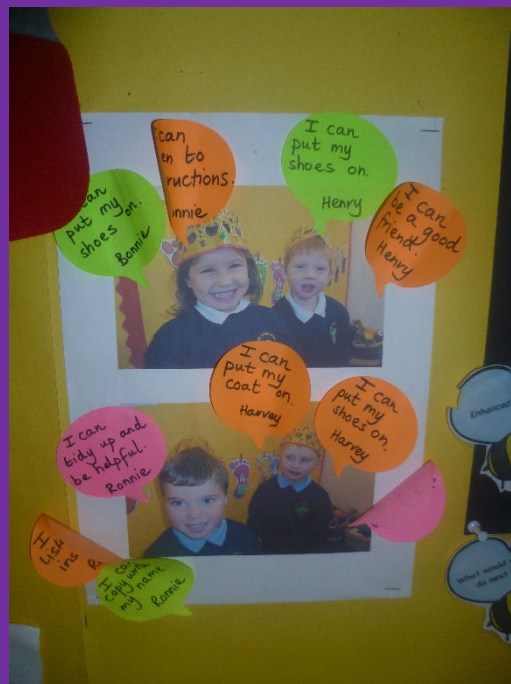


To reach a higher level of understanding,
you must conquer.....





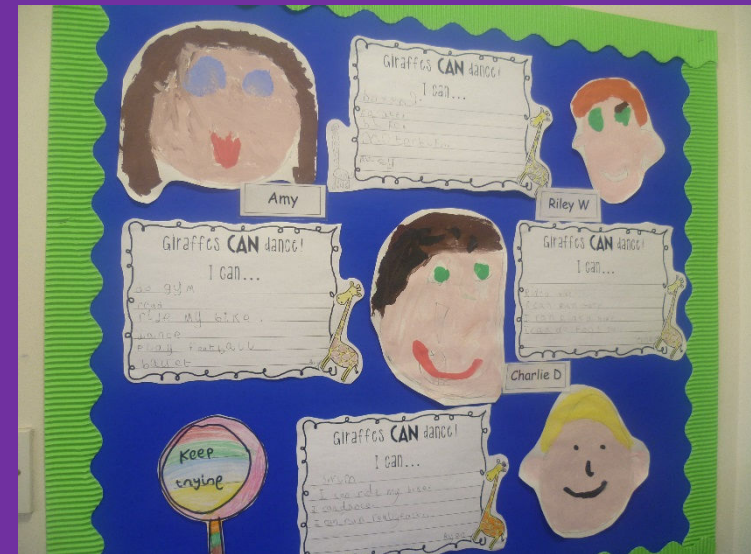
Key Stage 2
areas



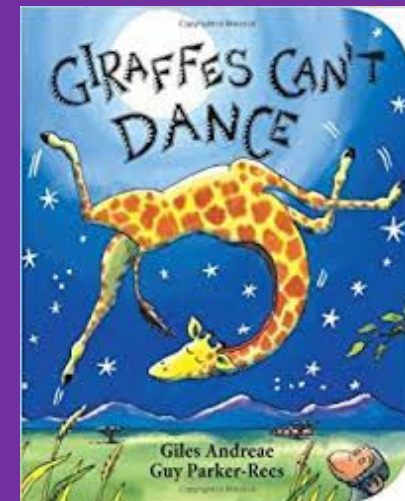
Nursery class.
I CAN crowns.



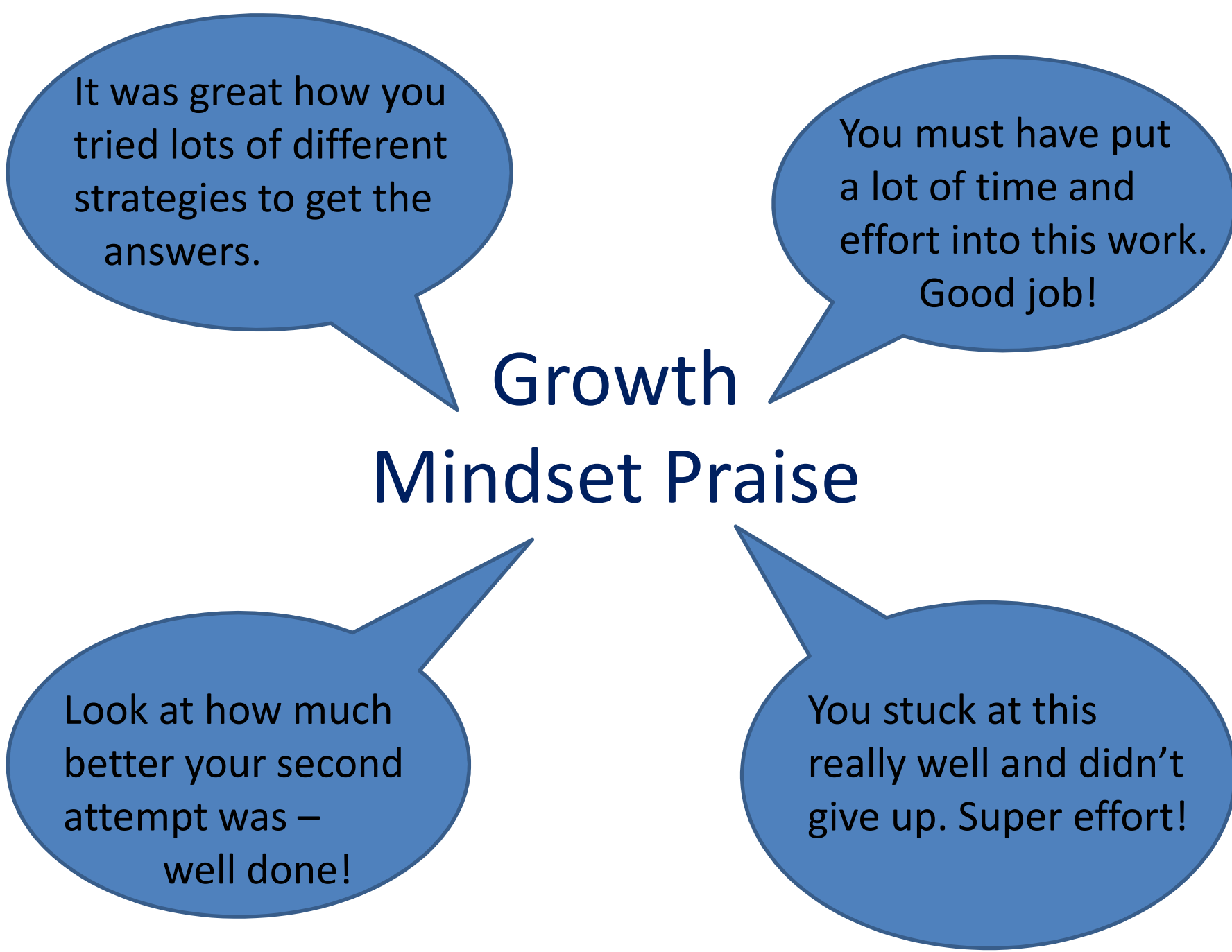
Reception.
Fixed and Growth mindset brains.



Years 1 & 2.
We CAN!



**What can you do to
help support your
child at home with
growth mindset?**



A central text 'Growth Mindset Praise' is surrounded by four blue speech bubbles, each containing a different type of praise statement. The speech bubbles are positioned at the top-left, top-right, bottom-left, and bottom-right relative to the central text.

It was great how you tried lots of different strategies to get the answers.

You must have put a lot of time and effort into this work.
Good job!

Growth Mindset Praise

Look at how much better your second attempt was –
well done!

You stuck at this really well and didn't give up. Super effort!

Key Concepts for Pupils

- * concentrate
- * don't give up
- * be cooperative
- * be curious
- * have a go
- * use your imagination
- * keep improving
- * enjoy learning

Some examples of resources for home

Books:

- *I Can Be Anything* – Jerry Spinelli
- *Someday* – Eileen Spinelli
- *You Be You* – Linda Kranz
- *Making a Splash* – Carol E. Reiley
- *My Fantastic Elastic Brain*

Remember these books
can also be ordered and
borrowed from Corwen
library.