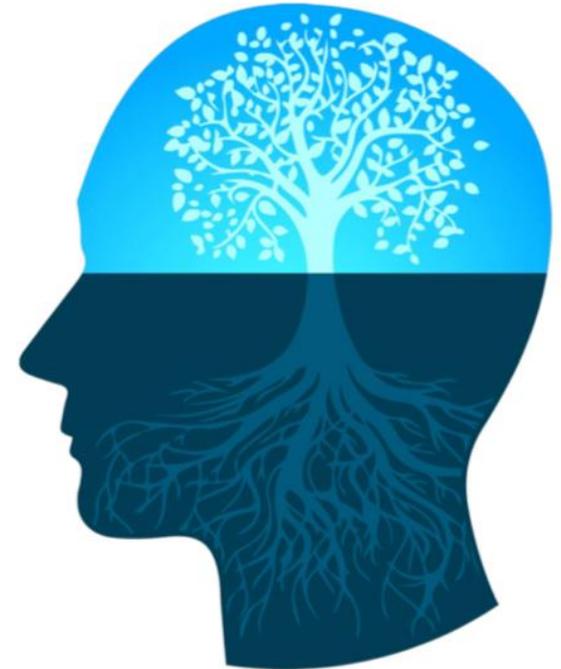


Growth Mindset for Parents

Workshop 30 April 2019 9am and 6pm



Immersion task

- Have a go at this activity.



1. Bend your writing/throwing/catching arm, elbow should face upwards. Balance a 2p coin on the flat part just before your elbow.
2. Straighten your arm quickly and try to catch the coin in the hand of that arm.
3. Once you have succeeded in this challenge, try the same again with 2 coins.
4. Repeat with an additional coin – how many coins can you get to?

How did you do? Did you get any better?

What might this activity say about Growth Mindset?

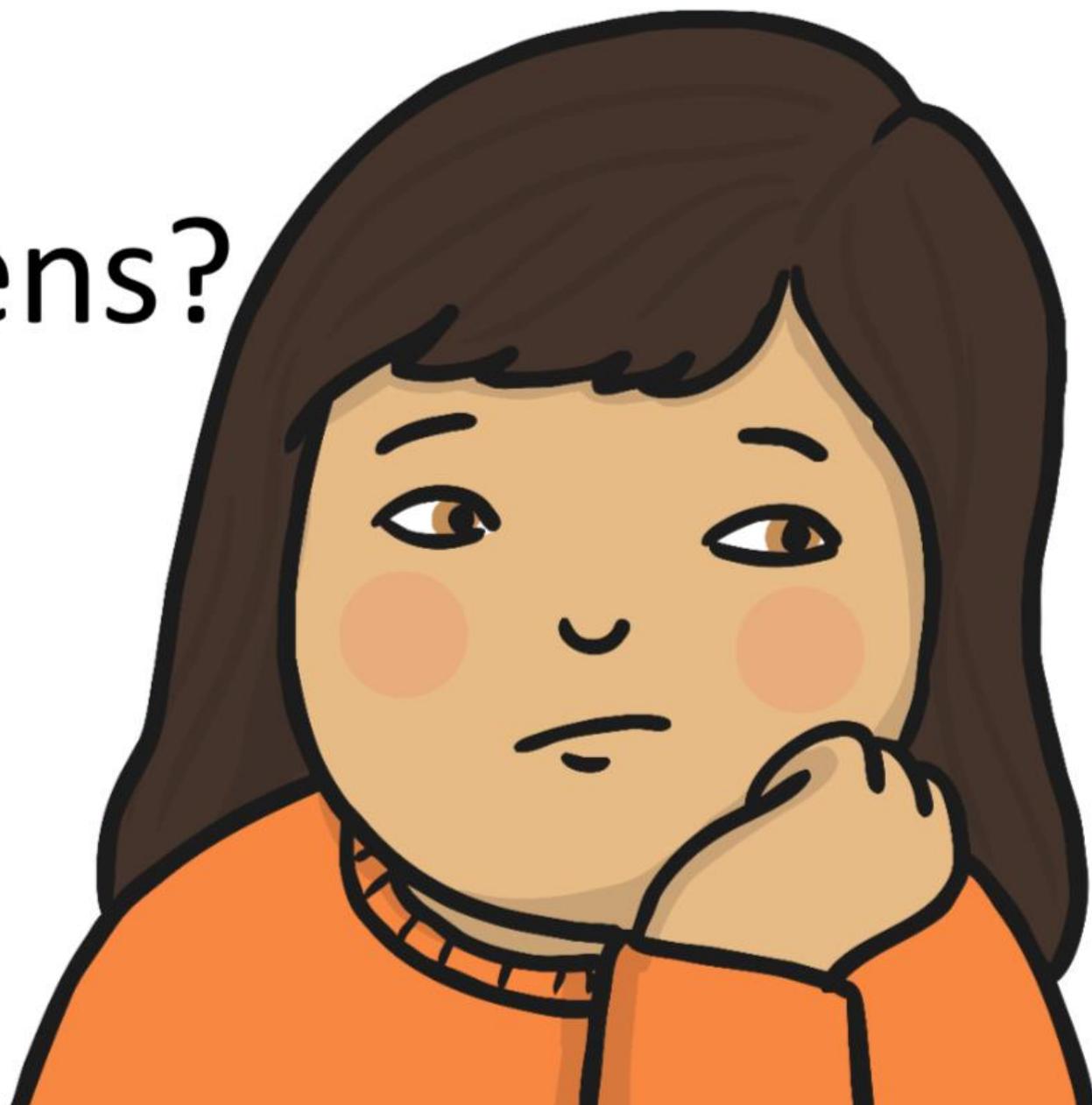


Why do
some people
achieve their
potential
whilst others
do not?

We don't see
unmotivated babies...

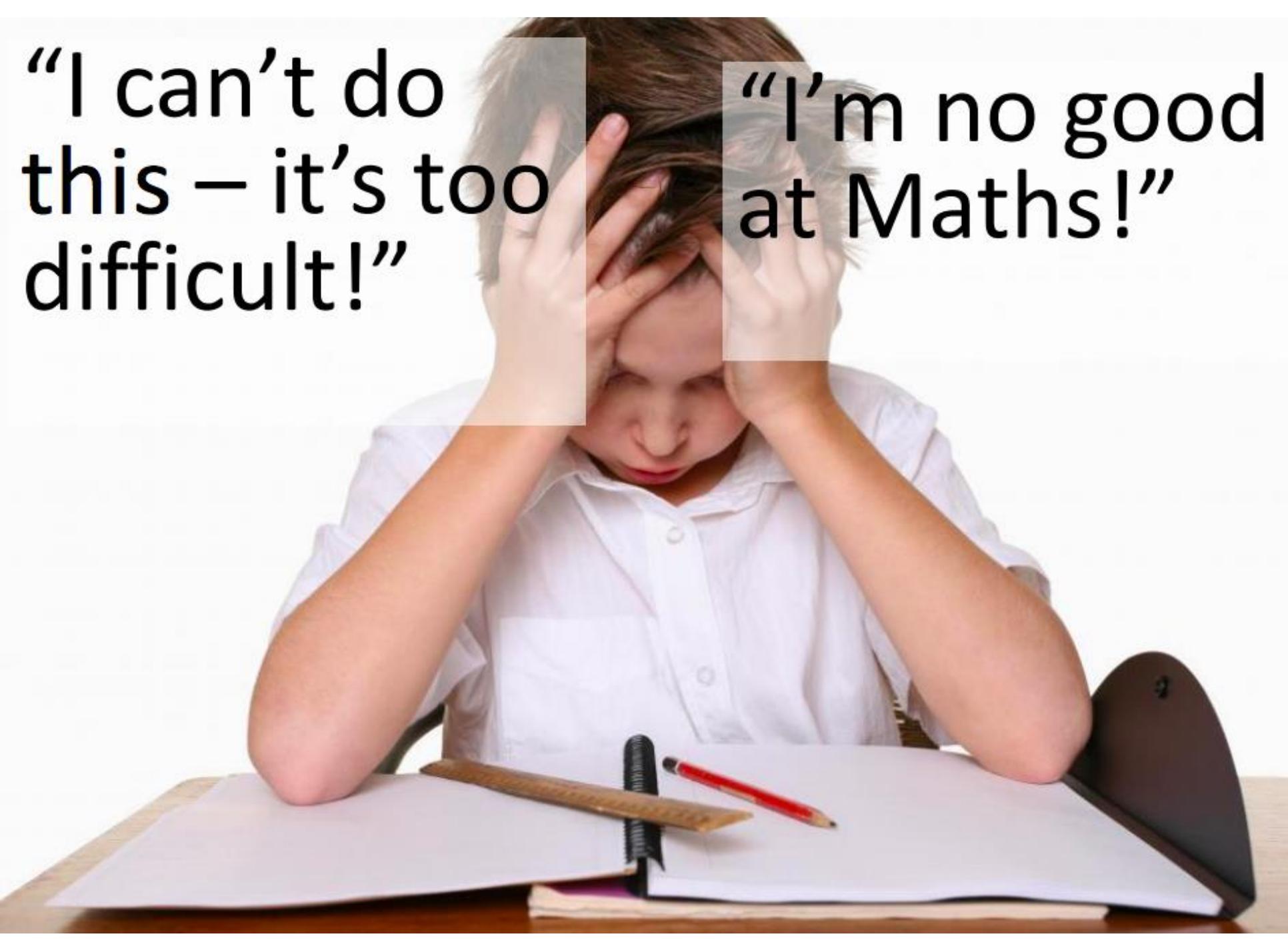


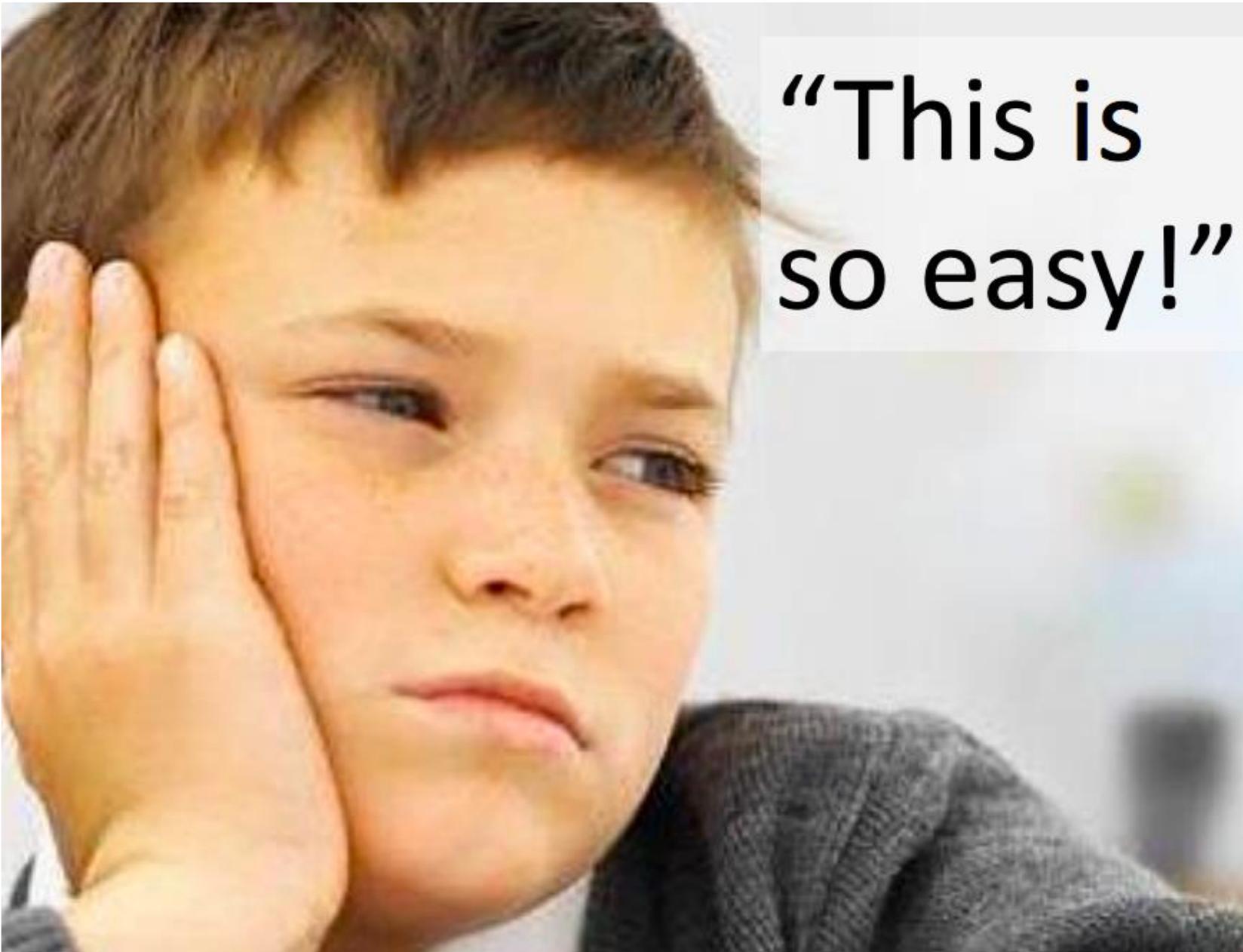
What
happens?



“I can't do this – it's too difficult!”

“I'm no good at Maths!”



A close-up photograph of a young boy with short brown hair and freckles. He has a bored or weary expression, with his right hand resting against his cheek and his eyes looking slightly away from the camera. He is wearing a dark grey sweater. The background is a soft, out-of-focus light grey.

**“This is
so easy!”**

“I was rubbish
at maths!”

“I’m hopeless
at spelling.”

“Sophie isn’t as
bright as my
eldest.”

“We don’t read
in our house...”

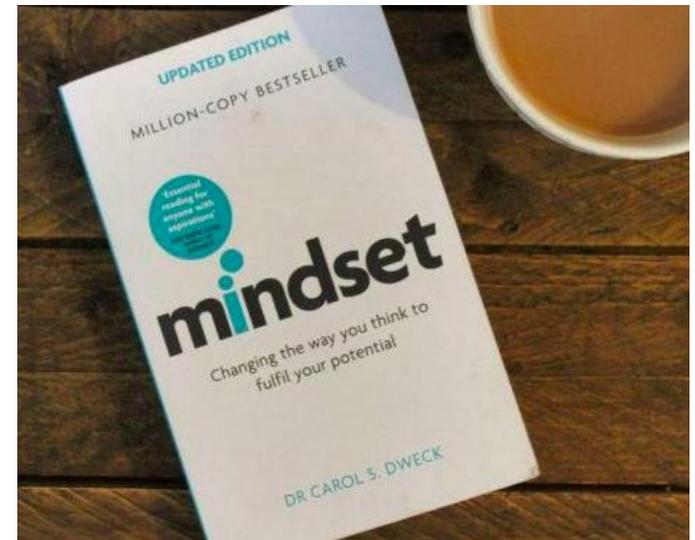


The Growth Mindset theory



Growth Mindset definitions:

- ✓ Intelligence is not set in stone
- ✓ The belief that I can improve
- ✓ Knowing that my talent can be developed
- ✓ The knowledge that I can be better



Intelligence / Ability

Are you born with it, or can you develop it?



Do you **agree** or **disagree** with this statement:

'INTELLIGENCE IS FIXED AND THERE IS NOT MUCH YOU CAN DO TO CHANGE IT.'

Yesterday's Theory:

We Are Born with Intelligence

No matter how much you learn or how hard you work, your intelligence stays the same!

Alfred Binet was a French psychologist who invented the first practical intelligence test, the Binet-Simon scale. His main goal was to identify students who needed special help in coping with the school curriculum. He invented the first useable IQ test.



Today's Theory:

Mindset Matters

The distinguishing feature of geniuses is their passion and dedication to their craft, and particularly, the way in which they identify, confront and take pains to remedy their weaknesses (Good, Rattan, & Dweck, 2008).

In other words...

It's not what you are born with that matters; it's your mindset that matters.

Fixed Mindset: Intelligence is a fixed trait.

Growth Mindset: Intelligence is a quality that can be changed and developed.

Success is a combination of:



Talent



Mindset

Growth Mindset: What it isn't:

- ✗ Anyone can do anything
- ✗ That ability doesn't matter
- ✗ Anti-competition
- ✗ Making people feel better about failing
- ✗ Simply telling pupils to 'try harder'
- ✗ A silver bullet
- ✗ A quick fix



Growth Mindset role models

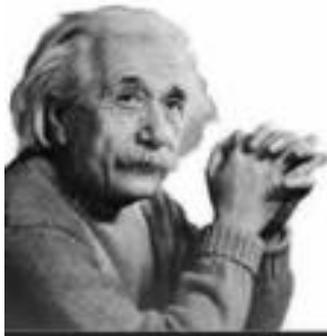


STEVE JOBS

At 30-years-old he was left devastated and depressed after being unceremoniously removed from the company he started.

WALT DISNEY

Fired from a newspaper for "lacking imagination" and "having no original ideas."



ALBERT EINSTEIN

He wasn't able to speak until he was almost 4-years-old and his teachers said he would "never amount to much."

OPRAH WINFREY

Was demoted from her job as a news anchor because she "wasn't fit for television."



MICHAEL JORDAN

After being cut from his high school basketball team, he went home, locked himself in his room, and cried.

THE BEATLES

Rejected by Decca Recording Studios, who said "We don't like their sound - they have no future"



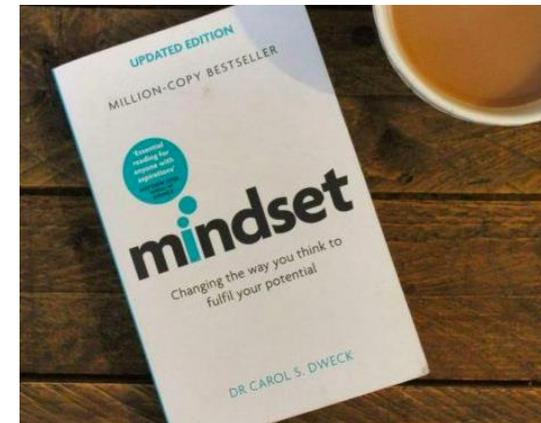
Not everyone
can be
Olympic champion.
Not everyone
can be the best
in their field.
But we can
be better
than we are.
We can all
improve and
look for our own
personal bests.

Steve Redgrave
6 Olympic medals



A case study

- Read the account on your chairs of a child attending a gymnastics competition. Decide on which you think is the most appropriate parental response from the five.
- Vote now on your mobile, via the link [menti.com](https://www.menti.com) with code '**42 10 60**'
- See the results pop up on the screen, live as they happen!



The right answer is 5!



5. Tell her she did not deserve to win this time.

- **The first (you thought she was the best) is basically insincere. She was not the best – you know it, and she does too. This offers her no recipe for how to recover or how to improve.**
- **The second (she was robbed) places blame on others, when in fact the problem was mostly with her performance, not the judges. Do you want her to grow up blaming others for her deficiencies?**
- **The third (reassure her that gymnastics doesn't really matter) teaches her to devalue something if she doesn't do well in it right away. Is this really the message you want to send?**
- **The fourth (she has the ability) may be the most dangerous message of all. Does ability automatically take you where you want to go? If Elizabeth didn't win this meet, why should she win the next one?**
- **The last option (tell her she didn't deserve to win) seems hard-hearted under the circumstances. And of course you wouldn't say it quite that way. But that's pretty much what her growth-minded father told her.**

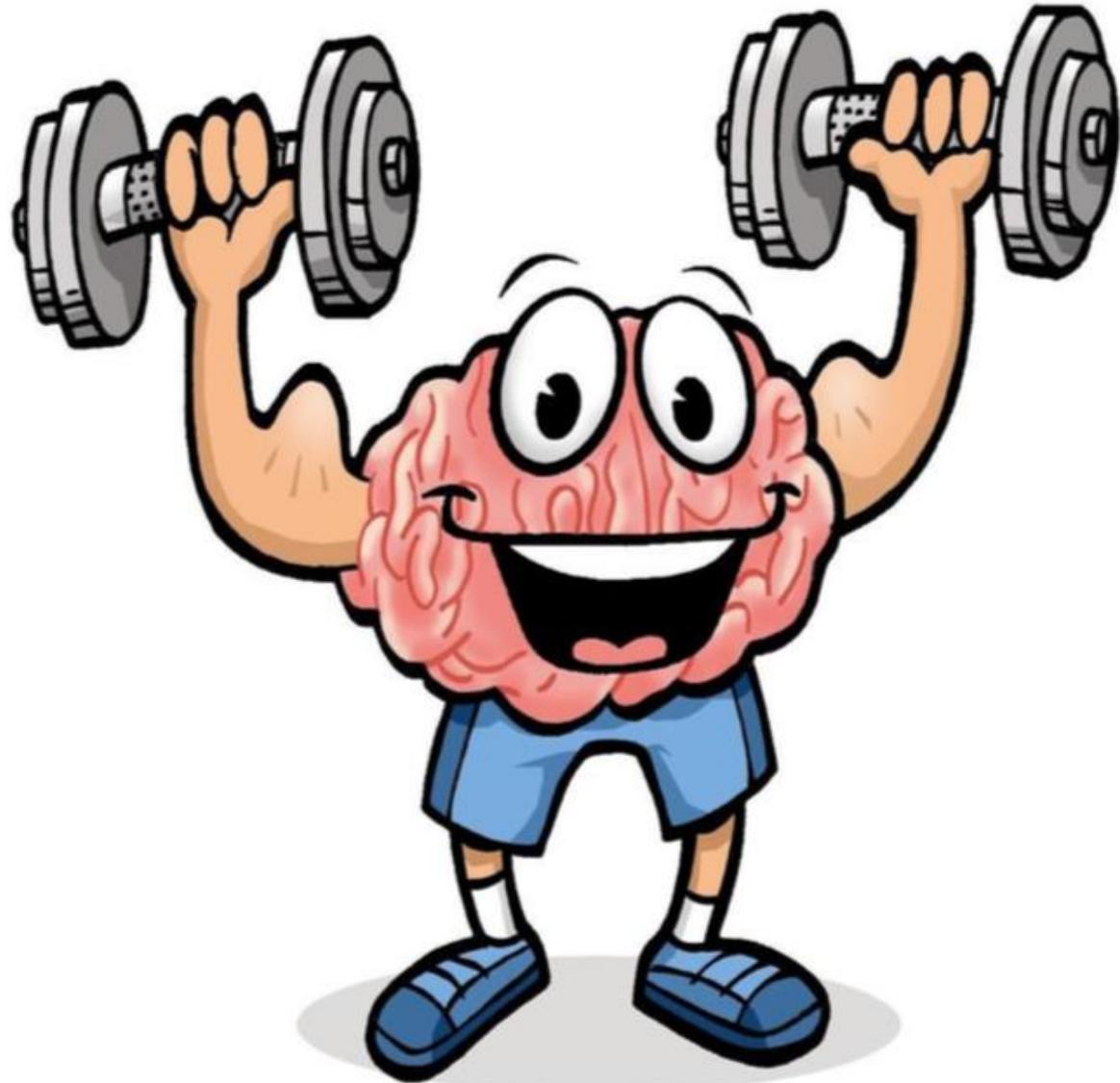
Growth mindset in action



1. Challenge
2. Effort
3. Resilience
4. Feedback

Challenge

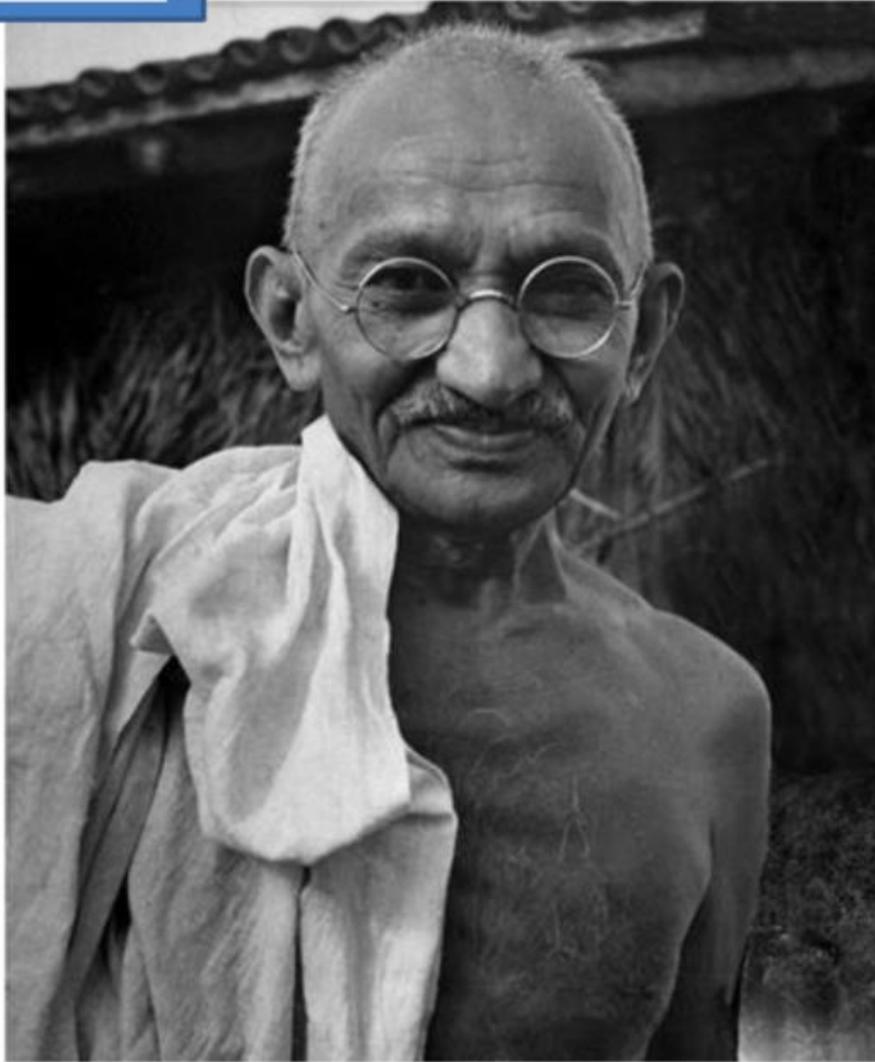
'Growing your brain'



The Pit - Persist in the face of obstacles



Effort

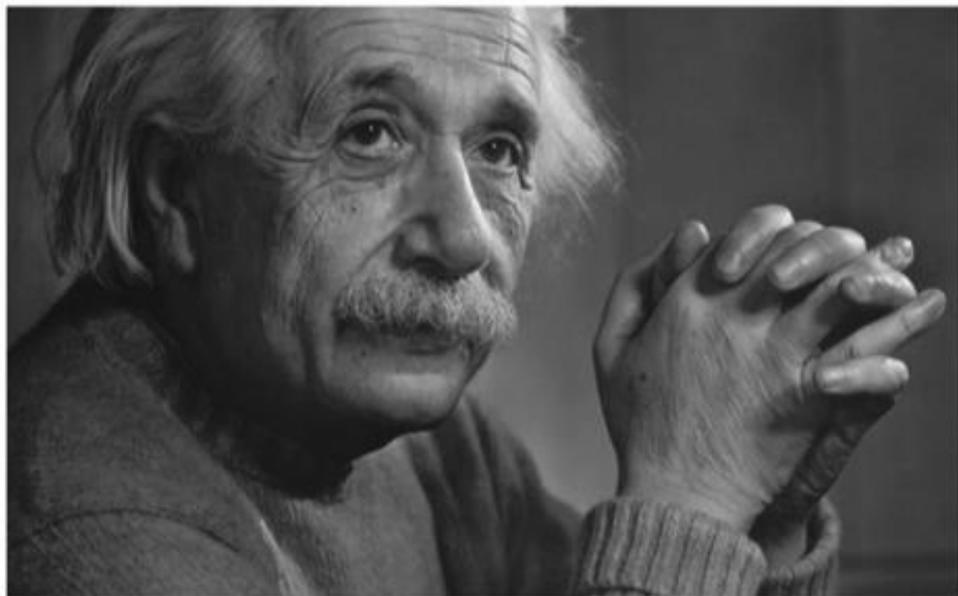


Satisfaction lies in the effort, not the attainment; full effort is full victory.

Mahatma Gandhi

Resilience

It's not that
I'm so smart;
I just stay
with problems longer.



Albert Einstein

Feedback and Praise

Praising children's intelligence puts them in a fixed mindset.

Parent:



Fabulous! You are amazing!

Child:



I'll ALWAYS need praise

Feedback and Praise



- Praise **effort** rather than **ability**
- Encourage children to see **learning** as a **process** that is more valuable than the end results
- Identify **challenges** for children and ask them to identify their **own** challenges



How should we deliver praise?

INSTEAD OF...	SAY...
<p>Wow – you did fantastically on your Maths work! You are so clever!</p>	<p>I like the strategies you used to solve that problem. You stuck with it until you got it!</p>
<p>You did that so quickly! You must have a mind like a calculator! Well done!</p>	<p>That didn't challenge you so how about trying something more tricky?</p>
<p>You excelled again – I can always rely on you to produce the goods.</p>	<p>You went back to check your work – that extra step was a great idea!</p>

Growth mindset language

1. I am rubbish at this
2. I'm awesome at this
3. I give up
4. This is too hard
5. I can't make this any better
6. I'm not good at maths
7. I made a mistake
8. It's good enough
9. I'm not as smart as her

1. What am I missing?
2. How can I get even better?
3. What could I do differently?
4. This may take me a bit of time
5. How might I improve this?
6. I'm not good at maths **yet**
7. Mistakes are a part of learning
8. Am I really proud of this work?

A child's self talk is really important.
We can and should have an influence on that!

9. I'm going to learn from her

Growth Mindset quotes from our children here at Grange Park.

Instead of thinking 'I can't do this.' I use another strategy.
- Nikki, Yr 5.

Growth Mindset has helped me learn to believe in myself.
- Ashley, Yr 6

It helps me not to give up when things are tricky.
- Reuben, Yr 6

Mistakes help me learn
- Zulaikha, Yr 3

'I won't stop trying'
- Hannah, Yr 3.

I found a backbend hard, but now I can do it because I practised outside until I got it right!
Amelie, Yr 4

How do we encourage **growth mindset thinking** in our children?

Regular reference to growth mindset in day to day thinking and learning.

Celebration of mistakes



Assemblies

Displays in classroom
And around the school.

Values

Parent workshops

Staff training

Our school values



Respect

Show consideration to all and value ourselves and the community



Co-operation

Communicate and work well with each other



Resilience

Persevere and bounce back when faced with challenge



Responsibility

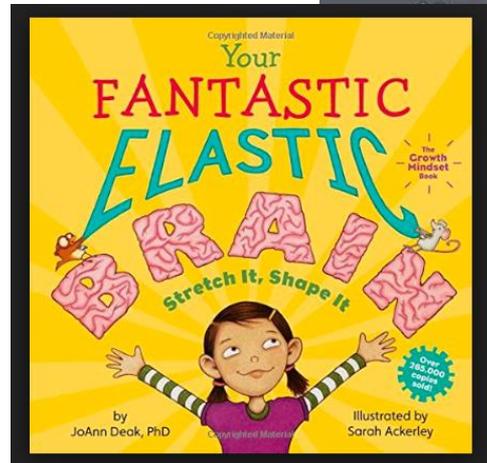
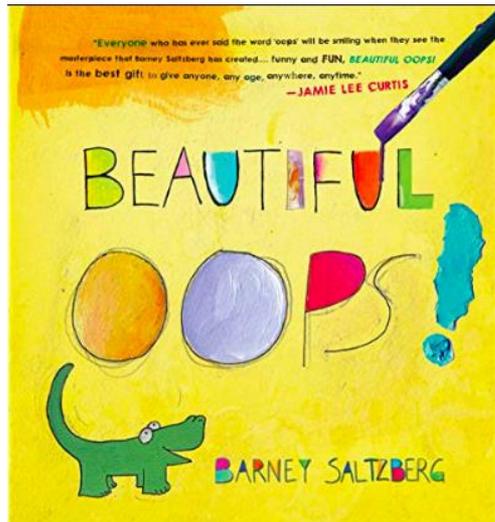
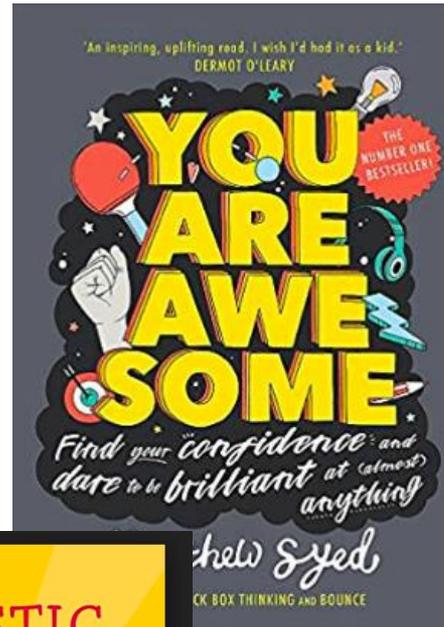
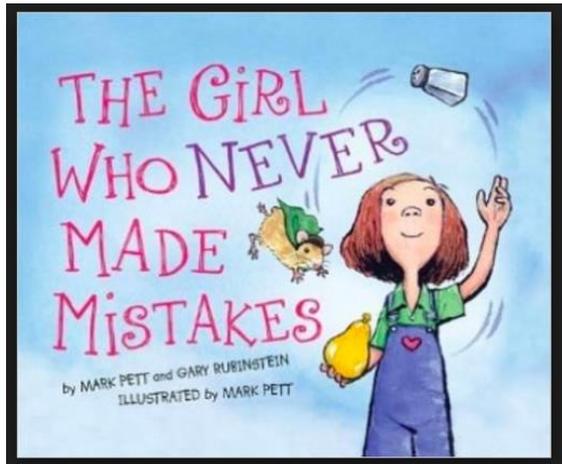
Make the right choices and take responsibility for our own actions

How can you help?

- Reinforce the importance of seeking of challenges and taking risks
- Value the learning from making mistakes and celebrate failures as steps on the road to success
- Encourage Growth Mindset language - 'I cannot recall all of my 8 x tables **yet**
- Avoid general praise or intelligence praise
- Focus the praise on **effort** and the **process**.
- Have learning discussions e.g. "What have you learned today?" Instead of "How was your day?"
- Help children to understand that their brains can change and **GROW**
- Encourage and model positive self-talk
- Model your own growth mindset and discuss the things you find challenging
- Praise hard work and process rather than just the marks your children get
- Praise children when they think for themselves and work together with others
- Praise them when they change their minds after thinking something through
- Accept and remind your children that failure is a really important part of learning



Growth Mindset books!



Here are just some examples of some great growth mindset books we have bought for our school and are using with our children.

A final word ... from Carol Dweck

“If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.”



Please fill in our Growth Mindset questionnaire as soon as you are able!

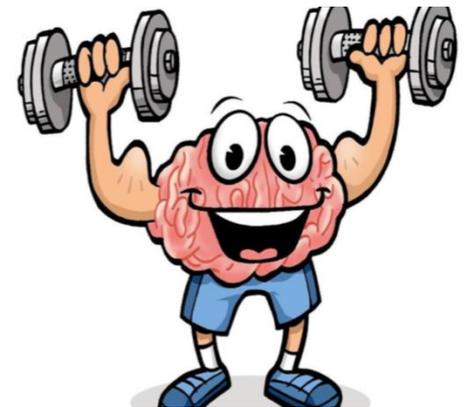
Visit Survey Monkey at the following link:

<https://www.surveymonkey.com/r/HJ6K7PQ>

Please complete the survey, by answering the 4 questions you find there.

Let us know how you get on with your mindset and the benefit it has on your child/children.

Thank you so much for coming!



Parent View



Please give some positive feedback if you have a moment before you go.

- find an IPAD
- Go to the OFSTED website
parentview.ofsted.gov.uk
- Click on 'Give your views'
- Click on 'Register now' or log in if already registered.
- Give your views.

Thank you!