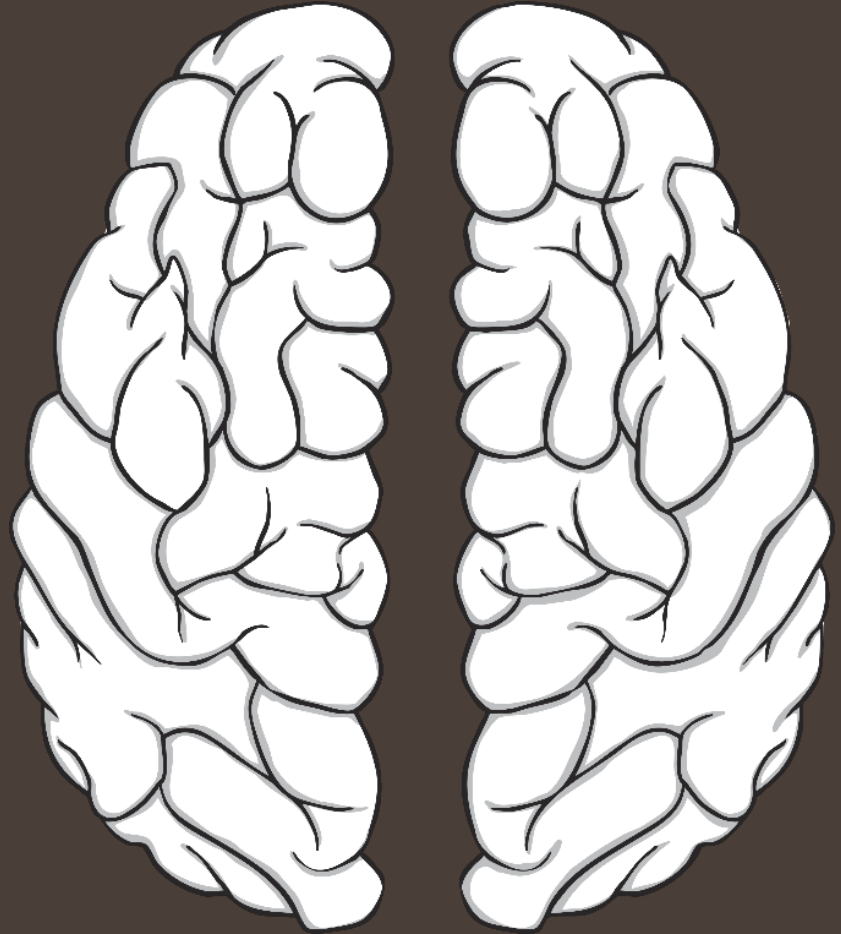


How to help your child do anything!

Growth Mindset and what it means

What is a mindset?

A mental attitude that determines how you will interpret and respond to situations.



Neuroplasticity:
the science
behind growth
mindset

Up until 30 years ago scientists believed that the brain solidified and became fixed after early childhood.

Research has shown that the brain continues to change even into old age.

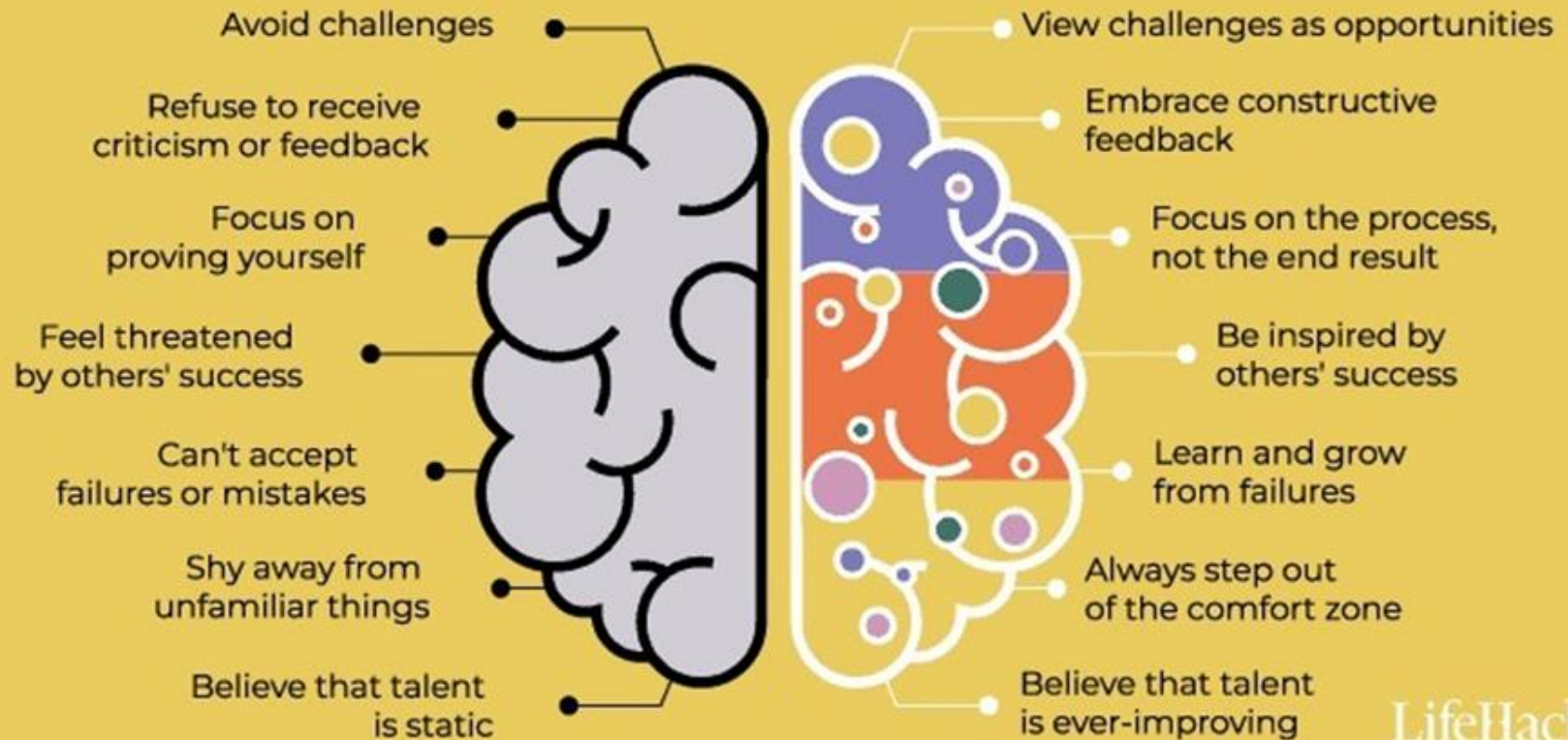
Like a physical muscle, the brain gets stronger the more you use it.

This means when you use your brain to complete a task, the brain “remembers” the task, so next time it becomes a little easier. The time after that, it’s even easier, and so on.

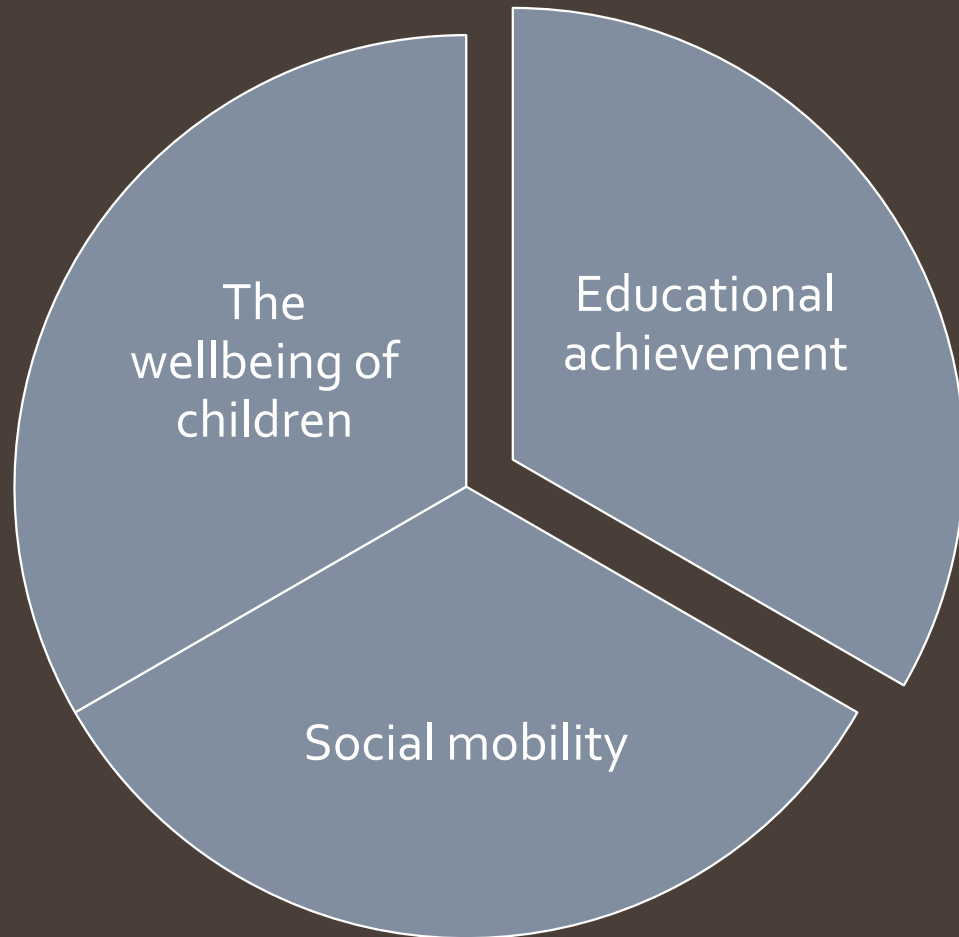
Carol Dweck
identified
two different
types of
mindset

- A Fixed Mindset means you believe your intelligence is a fixed trait.
- A Growth Mindset means you believe that intelligence is a quality that can be changed and developed.
- <https://www.youtube.com/watch?v=2zrtHt3bBmQ>

Fixed Mindset vs Growth Mindset



Mindset has
a significant
impact on

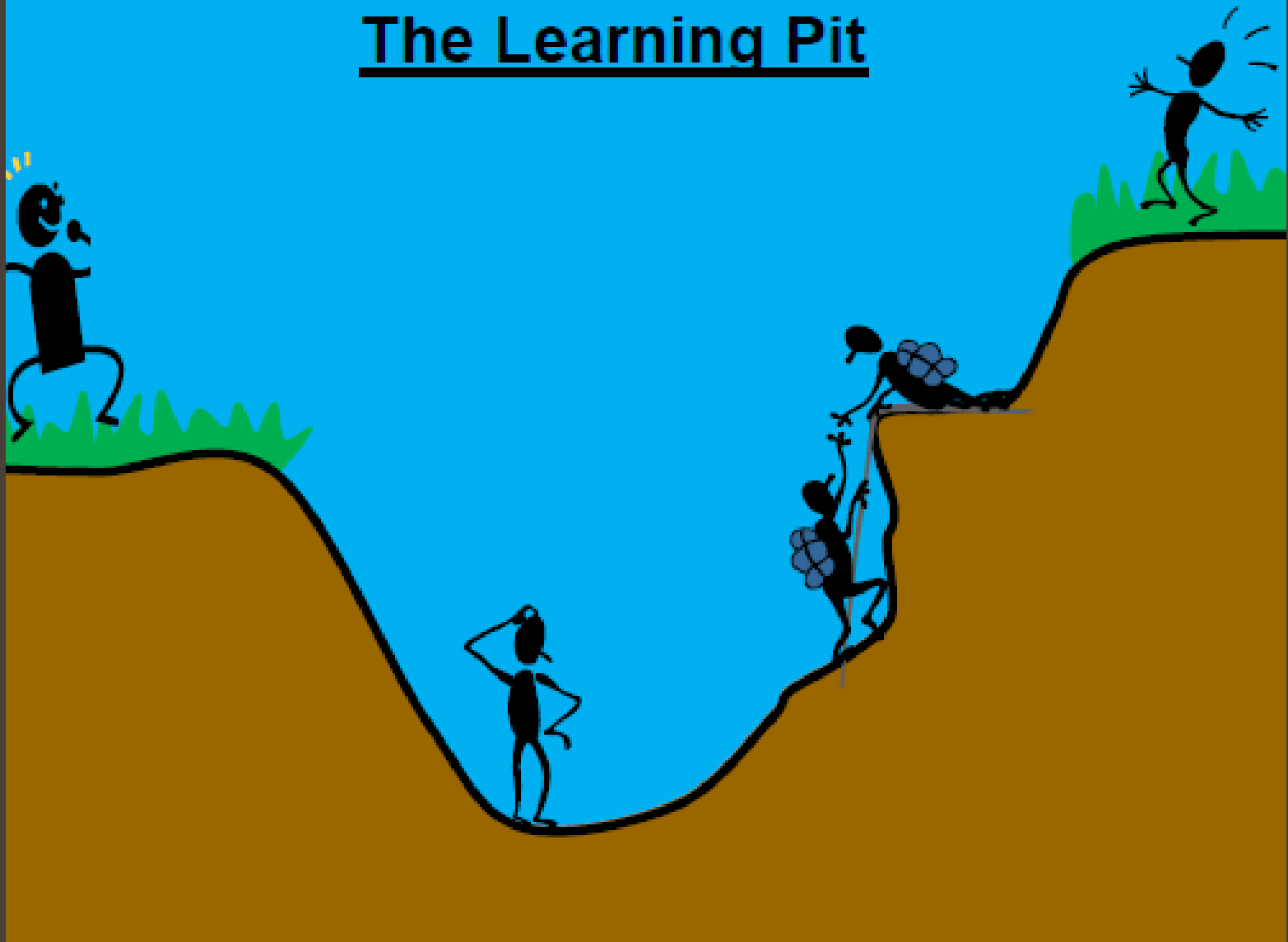


Mistakes and failures are GOOD

- Teach by example; do your children see you make mistakes and respond in a positive manner?
- Do you say, “I don’t know either and that’s exciting because we can work on this together”?
- Remember it is OK to make mistakes because that shows we are right at the edge of new learning and it shows us what we need to work on.
- <https://www.youtube.com/watch?v=IzILoMjEpaE>



The Learning Pit



Carol Dweck
“Praise
wisely”

- Praise specifics, not generalities
- Praise authentically and not too much
- Praise the learning behaviour, not the child: Perseverance, effort, not ability, industry and the process
- Use the vocabulary of Yet and Not Yet

Growth Mindset and...

THE POWER OF YET!



There is a difference between not knowing and not knowing...YET.

How can we encourage children to develop a growth mindset?

- Talk about how your brain is like a muscle which needs exercise to grow stronger.
- Reinforce that learning should be tricky and hard work. Talk to them about how it feels when you are stuck and how it feels when you learn something new.
- Reinforce that it is OK to make mistakes as that is when good learning happens.
- Praise wisely.
- Reward effort.

The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

Persistence



WHAT PEOPLE DON'T SEE

Failure



Dedication



Sacrifice



Hard work



Good habits



Disappointment



@sylvia duckworth

Stories to share with children

- Giraffes Can't Dance, Andrae and Parker-Rees
- Beautiful Oops, Barney Saltzberg
- Your Fantastic Elastic Brain, J. Deak
- The Dot, Peter Reynolds
- Rosie Revere Engineer, Andrea Beaty
- Ryan the Spy, Jason Rago
- Cindersilly, Diana B Thompson

Useful internet links

- <https://www.youtube.com/watch?v=hiiEeMN7vbQ> – Carol Dweck: Not Yet
- <https://www.youtube.com/watch?v=hqh1MRWZjms> – Austin's Butterfly – the importance of feedback
- https://www.youtube.com/watch?v=TTXrVo_3UjY – The effect of praise on mindsets