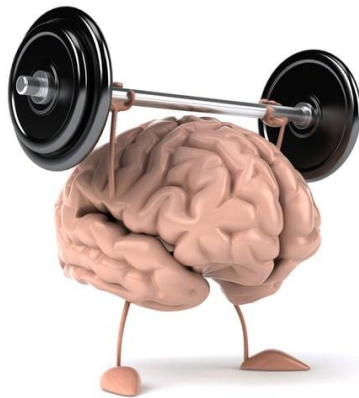




Growth Mindset at Chapel Allerton Primary School

What is Growth Mindset?

Previous learning theories used to say that no matter how much you learnt or how hard you worked, your intelligence would stay the same. However, in 2008 scientists found that it is not the level of intelligence you are born with that matters: it's your mindset.



Carol Dweck theorised that there are two mindsets. A Fixed Mindset, meaning you believe your intelligence is a fixed trait, and a Growth Mindset, meaning you believe that intelligence is a quality that can be changed and developed.

Three Steps to Developing a Growth Mindset

Step 1: learn, learn, learn!

Every time you work hard, stretch yourself and learn something new, your brain forms new connections and over time you actually become smarter.

Step 2: Realise that hard work is key.

Putting a lot of effort into learning and working hard is essential for growth. Basically, the more effort you put into something, the better you'll become at it.

Step 3: Face your setbacks

Think of each mistake as a positive learning experience. Firstly, recognise a setback and then begin to troubleshoot what caused it. Listen to other people's advice and research and reflect on how to avoid making the mistake again. Finally, apply what you've learnt by attempting the problem again, with a new approach or strategy.



Growth Mindset Talk

'I can learn anything I want to.'

'I can do it.'

'I can get better.'

'When I'm frustrated, I persevere.'

'I want to challenge myself.'

'It's ok to make mistakes.'

'When I fail, I learn.'

'I can keep trying.'

'I can learn from feedback and follow advice.'

'Trying hard makes me feel proud.'

'My effort and attitude determine everything.'