

# **Growth Mindset at Goldington Green Academy**



A leaflet designed to support parents and carers in developing a Growth Mindset with their child at home.



## What is Growth Mindset?

- Growth mind set is a term that refers to our motivation to learn.
- It is based upon work by the psychologist Carol Dweck.
- Her theory states that intelligence can be developed through **perseverance** and **effort**.
- It develops through self- belief not natural intelligence.
- It supports children in becoming confident and resilient learners.

## The science behind the theory

Inside the cortex of the brain are billions of tiny nerve cells, called neurons. The nerve cells have branches connecting them to other cells in a complicated network. Communication between these brain cells is what allows us to think and to solve problems.

When you learn new things, these tiny connections in the brain actually multiply and get stronger. The more that you challenge your mind to learn, the more your brain cells grow. Then, things that you once found very hard or even impossible to do seem to become easy. The result is a stronger, smarter brain. Dweck (2011)

Encouraging the children to approach challenges with a growth mindset attitude can have a huge impact upon their achievements in all areas of their life.



# **Language for Growth Mindset success!**

## **‘Be the best you can be.’**

This simple phrase encourages the children to compete against themselves and their own previous achievements. A move away from the use of ‘a score’ to judge ability towards a ‘taking on a challenge’ mentality: Doing 3 ‘harder tasks’ is a greater challenge than doing 20 that provide no challenge.

All children’s best will be different. Instilling ‘Be the best you can be’ within the children’s mind set encourages the children to not compare themselves against others which could lead to ‘giving up on a subject’ but to recognise their own achievements.

## **‘The power of YET.’**

When a child hasn’t got it quite right, rather than them feeling defeated or a failure, add the word ‘yet’.

I can’t do maths...YET. I can’t spell...YET. I can’t read this word...YET.

‘Yet’ implies a forward motion, space for growth, and an unwavering expectation that you believe they can do it.

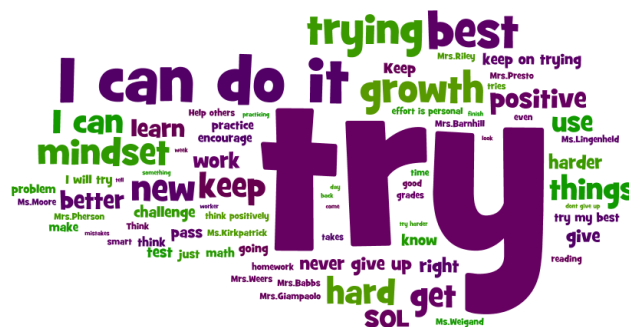
## **‘Mistakes are ok’**

We all make mistakes but sometimes the children do not recognise this as part of the learning experience. Developing their understanding of this concept promotes a willingness to ‘have a go’ and to take on a challenge which supports a ‘growth mindset.’



## How can you help to develop a Growth Mindset?

- Give lots of praise when lots of effort has been applied to achieve something.
- Be specific about what you are praising. Avoid generic praise – e.g. ‘You’re so good at Maths!’ This can have a negative impact on children’s confidence as if there is an aspect of Maths they find challenging’ they may assume that they’re actually not good at maths at all.
- If you hear ‘I can’t do this,’ support your child with the language ‘You can’t do it yet!’
- Celebrate mistakes – even your own! 😊
- Encourage your child to challenge themselves so they can **become the best that they can be**.
- Model your own growth mindset – The cup is always full. 😊
- Use the video clips at <https://ideas.classdojo.com/b/growth-mindset> to support your child.



If parents work alongside the school to reinforce these important messages it will have a bigger impact on our children's development and progress.

For further information, please contact your child's class teacher.