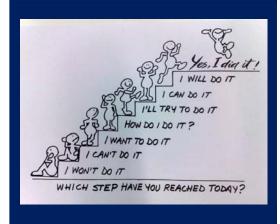
'If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, and keep on learning.'

> - Carol Dweck



Recommended reading:

Mindset – How you can fulfil your potential

Dr Carol Dweck

'Essential reading for anyone with aspirations.' Matthew Syed, *Bounce*

Chesterton CE Primary School GROWTH MINDSET

Helping our pupils reach their full potential





What is Growth Mindset?

The way we think about our abilities and talents has been proven to have a crucial impact on our success as learners.

The work of Professor Carol Dweck has resulted in the development of the terms 'fixed' and 'growth' mindsets.

Those with a fixed mindset believe their qualities and ability are pre-determined and can't be changed. Those 'growth' mindset with believe that their basic qualities can be cultivated and developed through and focused concerted effort.

pupils The mindset our significant adopt has impact on their learning Research capacity. has proven that we can change an individual's mindset and therefore their attitude to learning.

Fixed Mindset	Growth Mindset
Intelligence is static - leads to a desire to look smart and therefore a tendency to:	Intelligence can be developed – leads to a desire to learn and therefore a tendency to:
Avoid challenges Give up easily	Embrace challenges Persist despite
due to obstacles	obstacles
See effort as fruitless	See effort as a pathway to success
Ignore feedback	Learn from feedback

What are we doing?

At Chesterton, we are continuing to develop the concept of Growth Mindset

How you can help:

Praise: Try to focus your praise and feedback on the process rather than the end product. Praise your children for the positive choices they make and the effort that they put in.

Be a growth mindset role model: Reflect on the way you talk about learning. Avoid saying, 'I was never very good at', 'I can't' or 'I'm terrible at'. Share with them examples of how your determination has helped you achieve something you found difficult. Let them see you make mistakes and try again.

Encourage your child to have a go and take risks with their learning. Making mistakes is fine – providing we learn from them.

