

'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 with a 'growth' mindset believe that their basic qualities can be cultivated and developed through concerted and focused effort.

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

Fixed Mindset	Growth Mindset
<i>Intelligence is static - leads to a desire to look smart and therefore a tendency to:</i>	<i>Intelligence can be developed – leads to a desire to learn and therefore a tendency to:</i>
Avoid challenges	Embrace challenges
Give up easily due to obstacles	Persist despite 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.



