

**FIXED OR
GROWTH
MINDSET?**

Which mindset do you have?

- Answer these questions about intelligence. Do you agree or disagree?
- 1. Your intelligence is something very basic about you that you can't change very much
- 2. You can learn new things, but you can't really change how intelligent you are
- 3. No matter how much intelligence you have, you can change it quite a bit
- 4. You can substantially change how intelligent you are.

- 1. Your intelligence is something very basic about you that you can't change very much
Fixed
- 2. You can learn new things, but you can't really change how intelligent you are **Fixed**
- 3. No matter how much intelligence you have, you can change it quite a bit **Growth**
- 4. You can substantially change how intelligent you are **Growth**

Growth mindset: a motivational tool

Carol Dweck believes that it's not just our abilities or talent that bring us success, but whether we approach our goals with a fixed or growth mindset. With the right mindset, children can be motivated to reach their goals.

What is growth mindset?

- is based on the belief that your basic qualities are things you can cultivate through your efforts
- Everyone can change and grow through application and experience
- A person's true potential is unknown
- The passion for stretching yourself and sticking to it, especially when it's not going well, is the hallmark of growth mindset

(Carol Dweck)

Words associated with growth mindset

Perseverance

Challenge

Struggle

risk

Failure

Mistakes

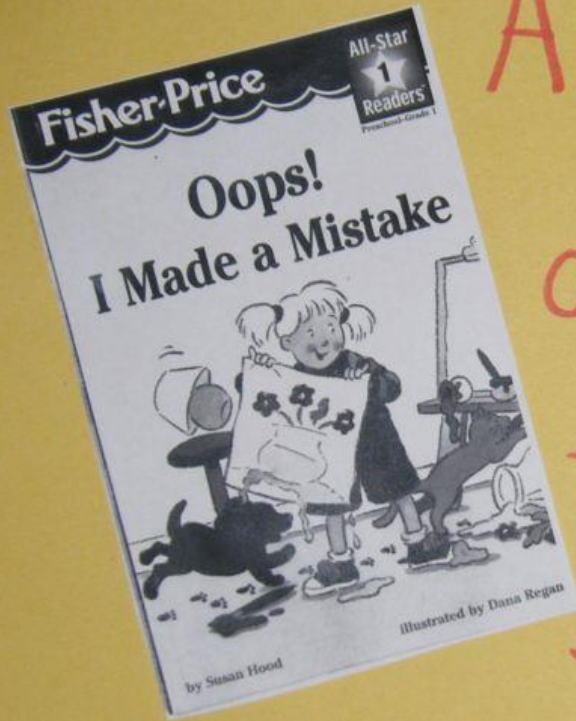
persistence



LEARN FROM
YOUR
MISTAKES

“If at first you don’t succeed, try,
try again!”

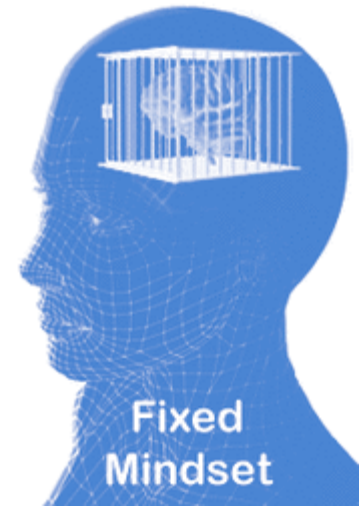
“Rome wasn’t built in a day!”



A mistake is
a ~~o~~oops! ~~o~~oops! chance
to learn
something
new.

What is fixed mindset?

- intelligence carved in stone/ fixed
 - You feel you have to prove yourself/ cannot make mistakes
 - Failure means your not smart
- (Carol Dweck)



“Nothing ventured, nothing lost”

“If at first you don’t succeed, you probably don’t have the ability”

“If Rome wasn’t built in a day, maybe it wasn’t meant to be”

Teaching the growth mindset

Babies are born with the growth mindset..they don't worry about making mistakes, they walk they fall, they get up.

So what happens? They grow to evaluate themselves, and some become afraid of challenges.



Carol Dweck gave 4 year olds a puzzle which they completed, she then offered 2 choices:

- Redo the easy puzzle (the safe option/made sure they would succeed/ fixed mindset)
- Or try a trickier puzzle (not afraid of challenge growth mindset)

She was surprised at the numbers that choose the easy option

Adolescent Brain Development

Fixed Mindset

intelligence is static

- **Challenges** ... avoid
- **Obstacles** ... give up
- **Effort** ... no point
- **Criticism** ... deflect
- **Success of others** ...
feel threatened



Growth Mindset

intelligence is developing

- **Challenges**... embraces
- **Obstacles** ... fortitude
- **Effort** ... work hard
- **Criticism** ... learns
- **Success of others** ...
celebrates

So what can we do?

- Offer challenge
- Tricky/Trickier/Trickiest
- Praise effort rather than ability
- Carol Dweck
How praise can harm

<http://www.youtube.com/watch?v=Bhv0dznmz4A>

23.35 – 30.00

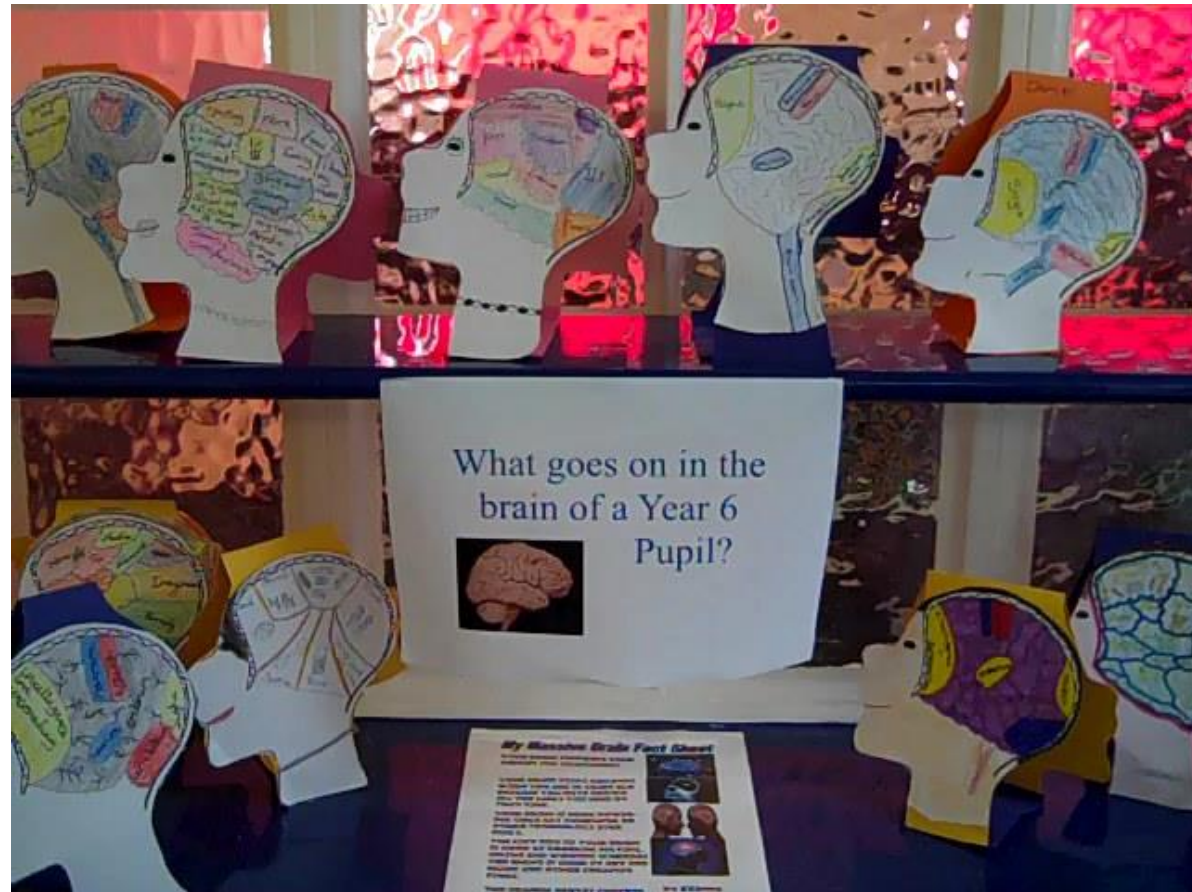


Ability groupings

- “it’s not always the people who start out the smartest who end up the smartest” Binet
- “Remember test scores and measures of achievement tell you where a student is, but they don’t tell you where a student could end up

Brainology – devised by C.Dweck

Teaches children how the brain grows
as it learns

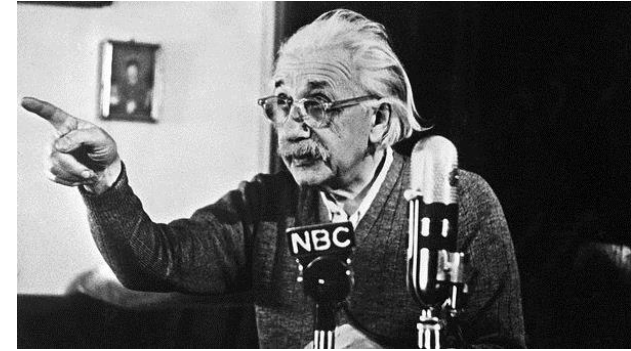


Knit a Neuron



Bristol Uni
Neuroscience event

Famous quotes



- Anyone who has never made a mistake has never tried anything new – Albert Einstein
- The problem human beings face is not that we aim too high and fail, but that we aim too low and succeed – Michelangelo
- It's kinda fun to do the impossible – Walt Disney

It's kind of
FUN
to do the
impossible.
WALT DISNEY

We would like you to....

- Think about vocabulary!
- Praise for effort –link to zone board and secret agents
- Show children Madge and Mildred
- Challenges –
tricky/trickier/trickiest
mild/spicy/hot
(model and free flow)
- Shared vision – agents
- Interactive brain display or examples of challenges or
- Assembly with Philippa
- Entrance display ‘We are going brains at Windhill school’
- Learning walks and support for anyone that wants to chat further!