Quick Survey on iPads

What is your mindset?

Do you have a fixed or growth mindset?
Growth Mindset
Failure is the most essential step to success
This graphic from OMSP.
Misconceptions:

- “That a growth mindset denies the importance of talent. It doesn’t. A growth mindset is simply the belief that talents and abilities can be developed.” Carol Dweck
- It’s simple; you are either fixed or growth mindset. You are not we are all a complex mixture of both in different areas of life, at different times.
- We can change children’s mindsets with a few posters. It is difficult to change and influence mindsets and it needs to be embodied in practice.
"Just because some people can do something with little or no training, it doesn’t mean that others can’t do it (and sometimes do it even better) with training." —Carol Dweck, Mindset: The New Psychology of Success
What does that mean for us as parents and educators?
Praise?

Be careful of how we praise.

Avoid -
You are so smart at . . .

You are a natural artist/musician. . . . .

Try to praise the process/effort/skills

I think you have done so well at this art because you really used your observation skills, concentrated on the detail. . .

I like the fact that you showed great resilience (like the street dog) and didn’t give up when the problem became difficult.
Being a good role model

Try not to say things such as.

I am no good at maths, music.

I can’t do.

Messi is such a naturally gifted footballer.

Try to.

Use the word yet. I can’t cook a good risotto yet!

Try learning new things and be explicit about the practice it takes.
Take advantage of mistakes!

Allow supported failure.

Be honest with children about the mistakes they have made and think about the learning opportunities within them.

Talk about the times when you have made mistakes and learnt from them.

Encourage children to forget the easy route and try challenging things.

“Failure is simply the opportunity to begin again, this time more intelligently.”
*Henry Ford*
More detailed growth mindset parenting advice.