

Wherwell School Growth Mindset: a guide for parents

Hopefully you have heard your child talking about Wherwell being a 'Growth Mindset School' and if you have had the opportunity to be in and around the school you will have seen some of the displays to encourage children to develop a 'Growth mindset'. But what does this really mean?

The main points

We are trying to encourage our children to have a Growth Mindset instead of a Fixed Mindset. A summary of these are listed below.

Fixed Mindset Aim to avoid making any mistakes and immediate success	Growth Mindset Understands that intelligence can be developed
Children with a Fixed Mindset: Avoid challenges so they don't fail View effort as a sign of failure Will give up easily when a task becomes hard Will only focus on the grades given, not any useful feedback which is given to help improve the quality of work produced Believe intelligence is fixed eg "I'm not good at Maths", "I can't spell" Think "Why bother – I can't do it!"	Children with a Growth Mindset: View challenges as a way of stretching their learning Understand that mistakes can lead to learning and will persist when things get difficult View effort as the path to mastery Will learn from feedback – "How can I improve?" Develop a positive attitude – "I can't do it yet!"

How does Wherwell Primary School promote Growth?

- Assemblies and PHSE time devoted to Growth Mindset to inform children
- PSHE sessions informing children how to develop positive mindsets
- Credits/merits/house points have changed to reflect Growth Mindset philosophy
- Children receive high quality feedback to improve learning
- Mastery and challenge focus within lessons
- Weekly/termly/ certificates and awards to those children displaying effort and persistence

How can parents support their child in having a Growth Mindset?

Have 'learning discussions' at home to reinforce what has happened that day:

“What did you learn today?” “What did you try hard at today?”

Give feedback on the process not on the outcome

For example, if a child does well in a test, “Well done, you’ve been working hard” instead of “You are clever at history”. **This will help it showing that the reverse is true when things don’t go well.**

Explain to your child that brains can grow

Brains can grow and learning changes our brains. This is called brain plasticity – intelligence is not fixed.

Encourage risk, failing and learning from mistakes

This helps children to become resilient and persevere when things get difficult.

Encourage and model positive self-talk

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DEVELOPING A **GROWTH MINDSET**

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them