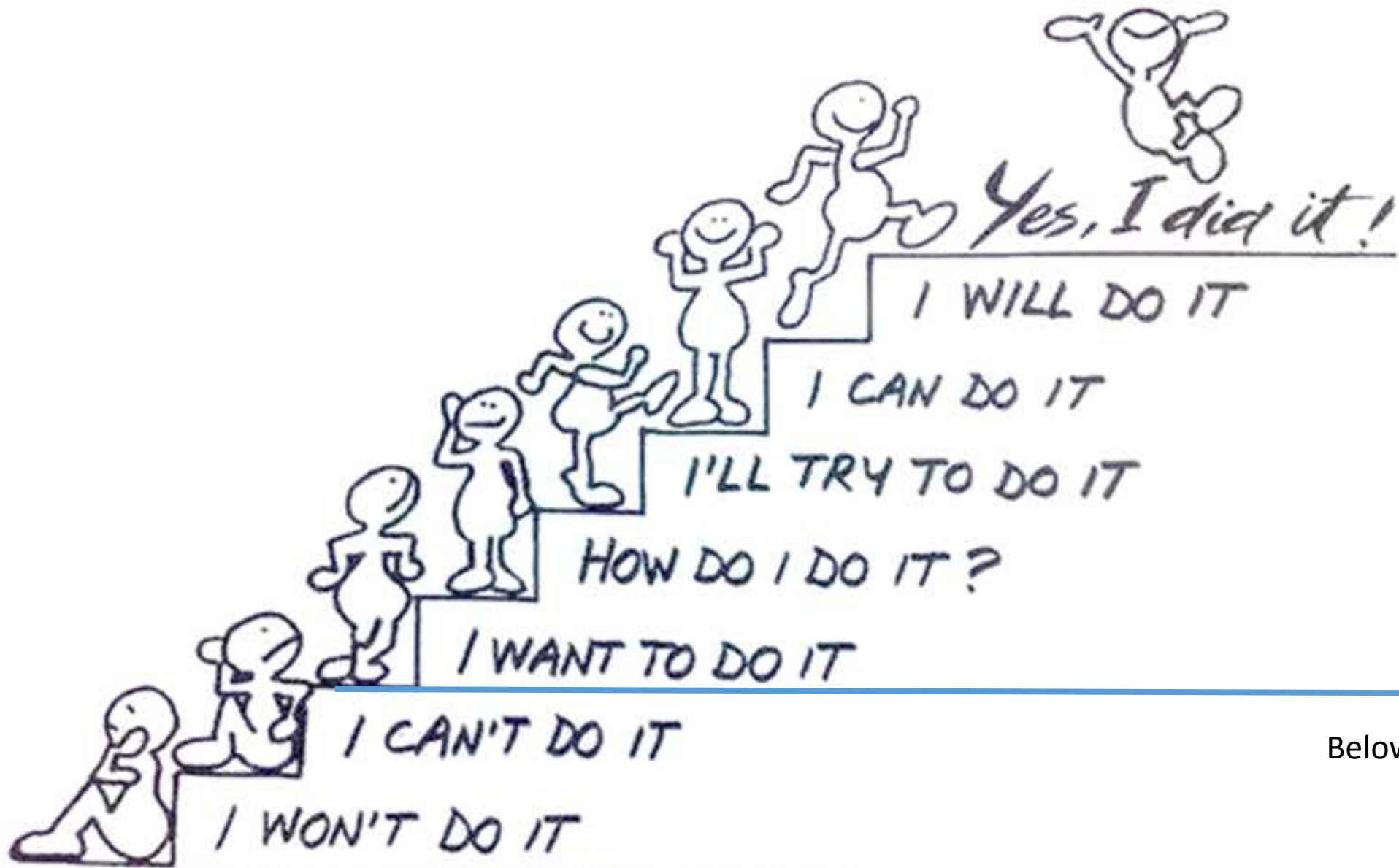


Learn to hear your fixed mindset voice

Recognise that you have a choice

Talk back in your growth mindset voice

Take action



WHICH STEP HAVE YOU REACHED TODAY?

Growth Mindset

I can't
make this
any better.

I just can't
do this.

This is too
hard.

I give up.
I'll never
get it.

I made a
mistake.

What can I
improve?

I have to
practice.

This may
take some
time.

I'll use a
different
strategy.

Mistakes
help me
learn.

Growth mindset vs fixed mindset



@sylviaaducworth

SUCCESS

FRUSTRATION

1. I can learn anything I want to.
2. When I'm frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I'm inspired.
7. My effort and attitude determine everything.

1. I'm either good at it, or I'm not.
2. When I'm frustrated, I give up.
3. I don't like to be challenged.
4. When I fail, I'm no good.
5. I like being told that I'm smart.
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.

From Reid Wilson
wayfare path

GRIT

Learned helplessness

Produce a series of external resources that parents can use to develop a growth mindset home

Success criteria

- made available via your web site
- a joint resource for parents and children to use
- Written in language that parents can access
- so irresistible parents will have a desire to engage....well.....some of them!
- Is sequential in its development.....week 1 to week
- Its impact can be evidenced

Good questions

- What did you learn today?
- How did you learn that?
- What mistakes did you make that help you learn?
- What did you do that made you more resilient?
- What did you do that made you persevere?
- What did you struggle with today?
- What little problems did you take responsibility for?
- What did you say or do to make someone feel good today?
- What monster distractions did you fight off successfully today?
- What monster distractions do you need to practice fighting off?

What and how to praise your children

- Give more praise for the process of learning;
 - I love the way you:**
 - like doing the tricky things
 - the way you remain calm when things don't go your way
 - just keep on going....you think it out, then use a buddy's brain, then the bits and bobs around you and then and only then do you ask an adults...great stuff
 - praise other people when they are successful
 - Keep your focus on what you are trying to achieve; the way you fight off the monster distractions

Words that encourage a growth mindset

- Wow...you are so resilience....full of bouncebackability
- Tell me about....
- Show me more....
- How did you do that?
- How do you feel about.....
- You must have been really determined to achieve that
- What do you plan to do next?

Words that encourage a fixed mindset

- Smart
- Clever
- Cute
- great
- Fast
- Best
- Pretty
- Quick
- lovely
- Intelligent
- Right
- Amazing
- The best
- Better than (another person)
- Good
- Very good
- beautiful

Convert fixed to growth

- Great job
- I like the way you kept trying even when it got really tricky
- Im so proud of you
- I noticed you went back to check your, that extra step was a great idea
- That's brilliant...you got it
- That extra practice really did make a difference...practice makes progress. And that's just what you've done
- You are so clever
- Wow...I love all these ideas...how did you come up with them?

Feedback; fixed to growth

- You need to correct number 2
- You are so athletic
- That is really clever
- I notice that you have spelledcorrectly andincorrectly. I love the way you never give up when you try tricky words
- I love the way you commit so much time to practicing.....
- Your resilience (determination, perseverance) really pays off

Talking/thinking to myself...fixed to growth

- I'm useless at this
- I'm really good at this
- I give up!
- This is too hard
- Ive made a mistake...moan...whinge
- Well, plan A didn't work
- What am I missing? What do I need to do next?
- I'm on the right track
- I'm going take a break, give it another go and ask a friend to help if I need extra help
- I'm going to use all my determination and bouncebackability
- I keep calm and focus on correcting the mistake ...this helps me succeed
- There are 25 more letters in the alphabet

Get into the habit of sharing.....

- You put so much time into ...
- You never gave up, even when it got really tricky. I love your resilience
- You have such a positive attitude...did you hear what you said?
- The progress you have made is great
- I love the way your take responsibility for...
- That was such a great ARK (act of random kindness)
- I really admire....
- You handle that situation really well because....
- That was such a brave thing to do.....I respect that so much
- I love the way you are always so well prepared for....
- I appreciate how helpful you were to.....

- You did a great job in your group today...I love the way you collaborated
- I noticed when you were in your group you.....
- I can tell you put everything into that because.....
- Its great that you value other peoples ideas and opinions
- You really encouraged.....today....that was so powerful
- I loved the way you stood on the edge today and had the courage to step out into the unknown even though you knew you might get it wrong....such a powerful learner
- That was such a powerful choice you made



How we learn

Do you know
brains can grow

Using your planning for next week....

- Highlight the learning process that is the focus for your learning session
- Use the statements and questions to integrate into your planning to feedback on the learning process as well as the outcome

Ironically, in a changing world
playing it safe is one of the
riskiest things you can do

Reid Hoffman. LinkedIn co-founder

