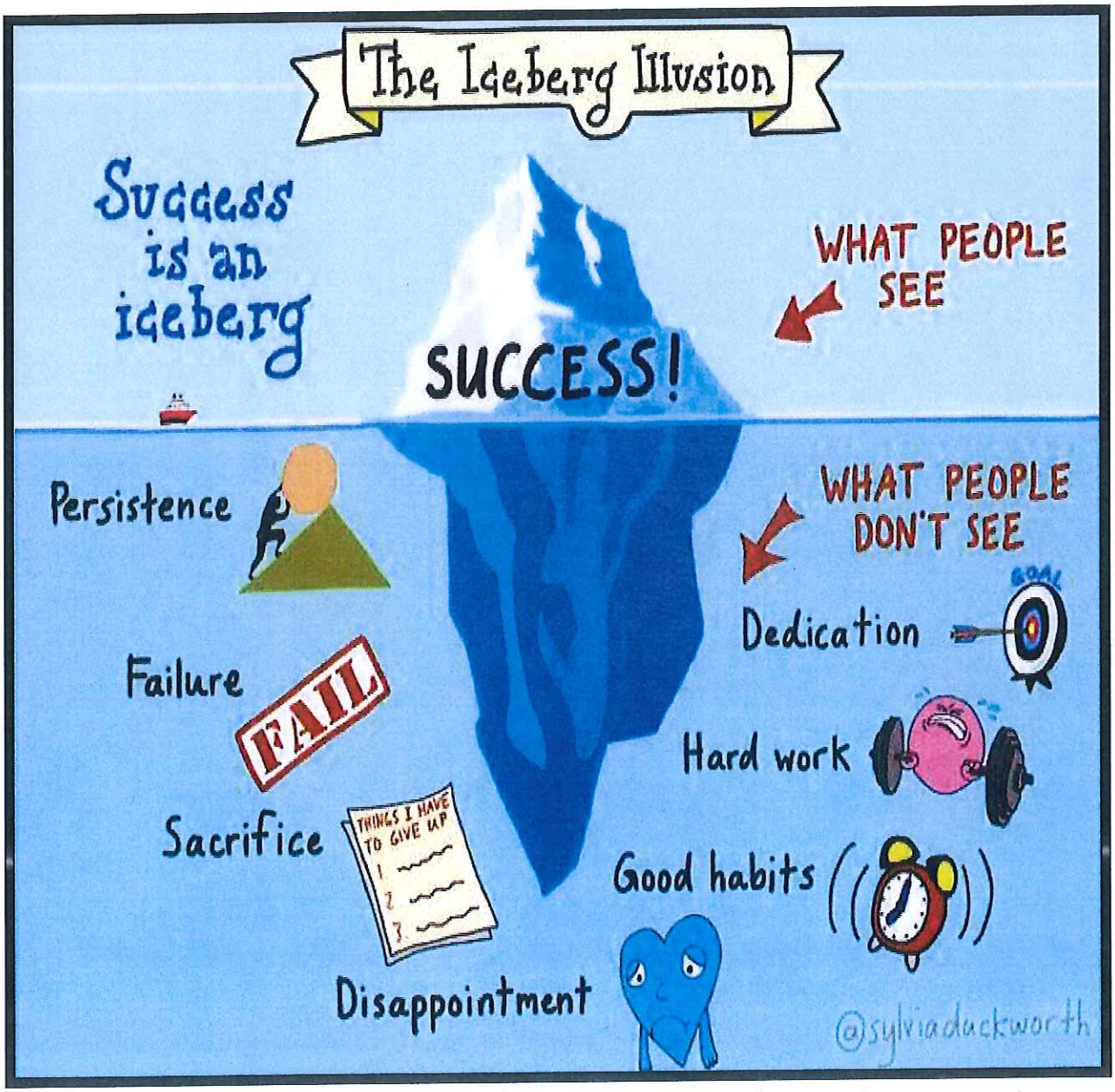
Growth Mindsets at St Lawrence School

A Guide for Parents





"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, enjoy effort and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence"

- Carol S. Dweck



Many thanks to our parent volunteers (Sue Eastlake, Lisa Webb & Sarah Talbot-Kennedy) who helped to produce our leaflets

What are Growth Mindsets?

Fixed Mindset	Growth Mindset
Intelligence is static.	**Intelligence can be developed.**
Leads to a desire to *look smart* and therefore a tendency to	Leads to a desire to *learn* and therefore a tendency to
• **avoid challenges**	• **embrace challenges**
• **give up easily due to obstacles**	• **persist despite obstacles**
• **see effort as fruitless**	• **see effort as path to mastery**
• **ignore useful feedback**	• **learn from criticism**
• **be threatened by others' success**	• **be inspired by others' success**

Don't Say	Do Say
I'm never going to get this.	What shall I try instead?
I'm awesome at this.	I seem to be on the right track.
I just can't do this!	I'm going to have to practise this.
This is just too hard!	This is going to take some time.
It's easy for her - she's just clever.	I'm going to work out how she's managing to do this.
My answer is fine the way it is.	What can I do to make my answer even better?

Why are we learning about growth mindsets at St Lawrence?

The New Primary Curriculum was introduced in September 2014 and was statutory for all year groups from September 2015. Its content has higher expectations for teaching and learning and this represents a challenge for all.

Research has shown that almost all children can reach the standards set by the government. This can be done through effort, practice and resilience—some of the features of having a growth mindset.

Extensive research, especially by Dr Carol S. Dweck, have shown that where schools and parents foster a 'can-do' approach, children's learning improves and standards rise. Having a growth mindset can improve children's progress and attainment—they can grow their brains and intelligence!

At St Lawrence, we strongly believe that all of our children can develop a growth mindset and, with your help, can succeed.

What is a Growth Mindset?

A Growth Mindset is the belief that we can develop our abilities, including our intelligence, which is our ability to think. It is distinguished from a Fixed Mindset, which is the belief that abilities can't change, such as thinking that people can't improve in maths, creativity, writing, relationship-building, leadership, sports and the like.

The mindset that we adopt leads to very different behaviours, attitudes and achievement. Lots of research has shown that children with a growth mindset seek more effective learning strategies, work harder, persevere in the face of setbacks and achieve higher competence.