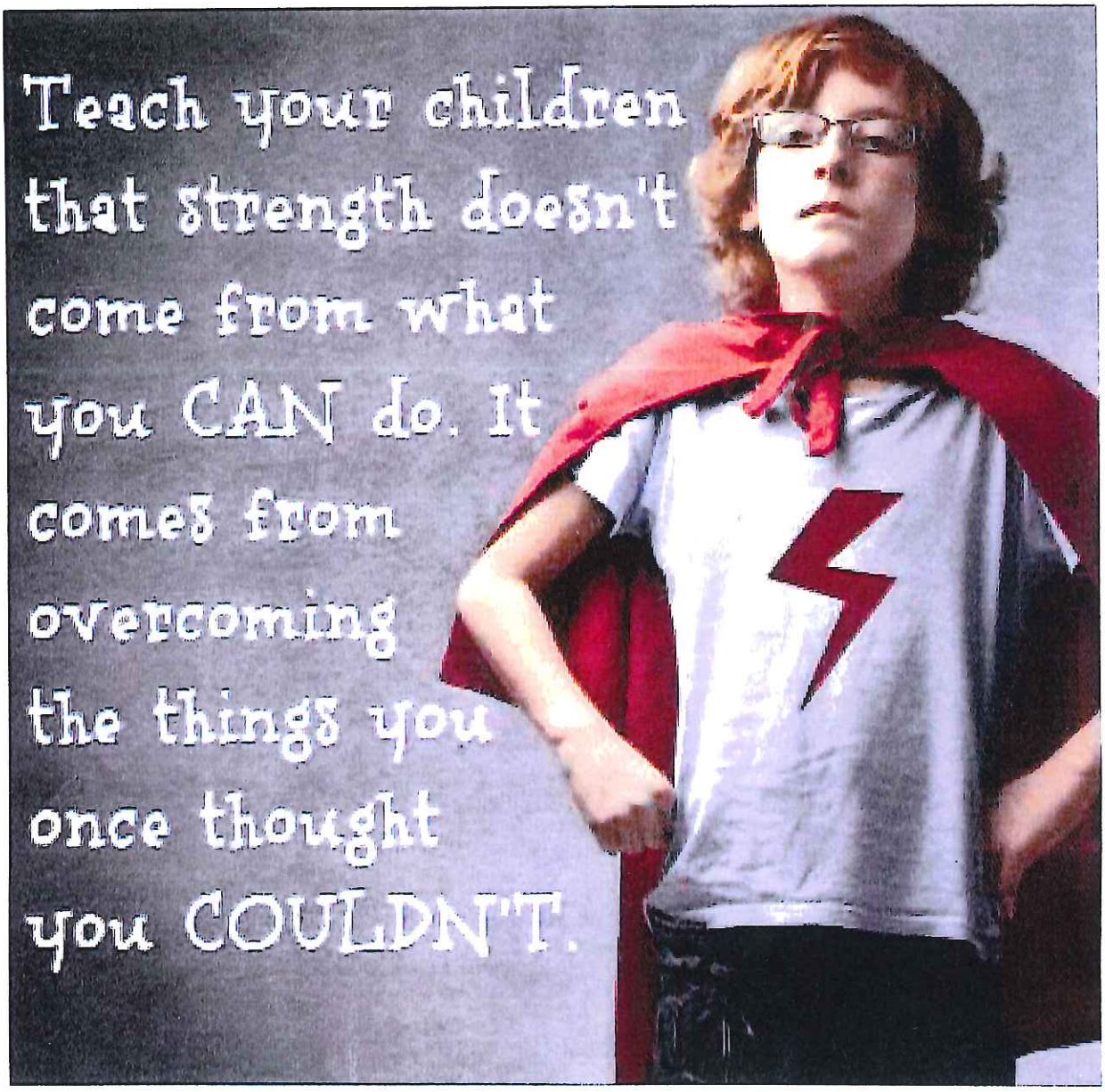
Growth Mindsets at St Lawrence School

A Guide for Parents



Why every St Lawrence parent should know about the Mindset of Success?

As St Lawrence parents, we want our children to grow up to be happy, healthy and well-adjusted in life and to find success in whatever it is they do. We want to do our best to help them get there.

A fixed mindset leads people to see effort as a sign of inability and to feel badly about themselves when needing to expend effort, so they avoid it. People with a growth mindset see effort as what makes us clever and capable, so they seek it.

We may find ourselves praising our children for being talented, rather than for the effort or strategies that led them to success. We do that with the best intentions, in order to raise their confidence and self-esteem. Although this may make your child feel good in the short term, when things get hard, they can feel incapable because they are no longer clever.

Become a role model learner!

Our children observe and imitate us. If we want them to be interested in learning and work hard to develop their abilities, we need to do the same ourselves. Talk about the challenges that you are taking on, the mistakes you're making, the lessons you're learning and your progress!



When we cover up our failures or mistakes, rather than reflect on and discuss them, it conveys that mistakes are a sign of inability, rather than a consequence of challenge and an opportunity to learn.

What should we say to our children?

Messages about success:



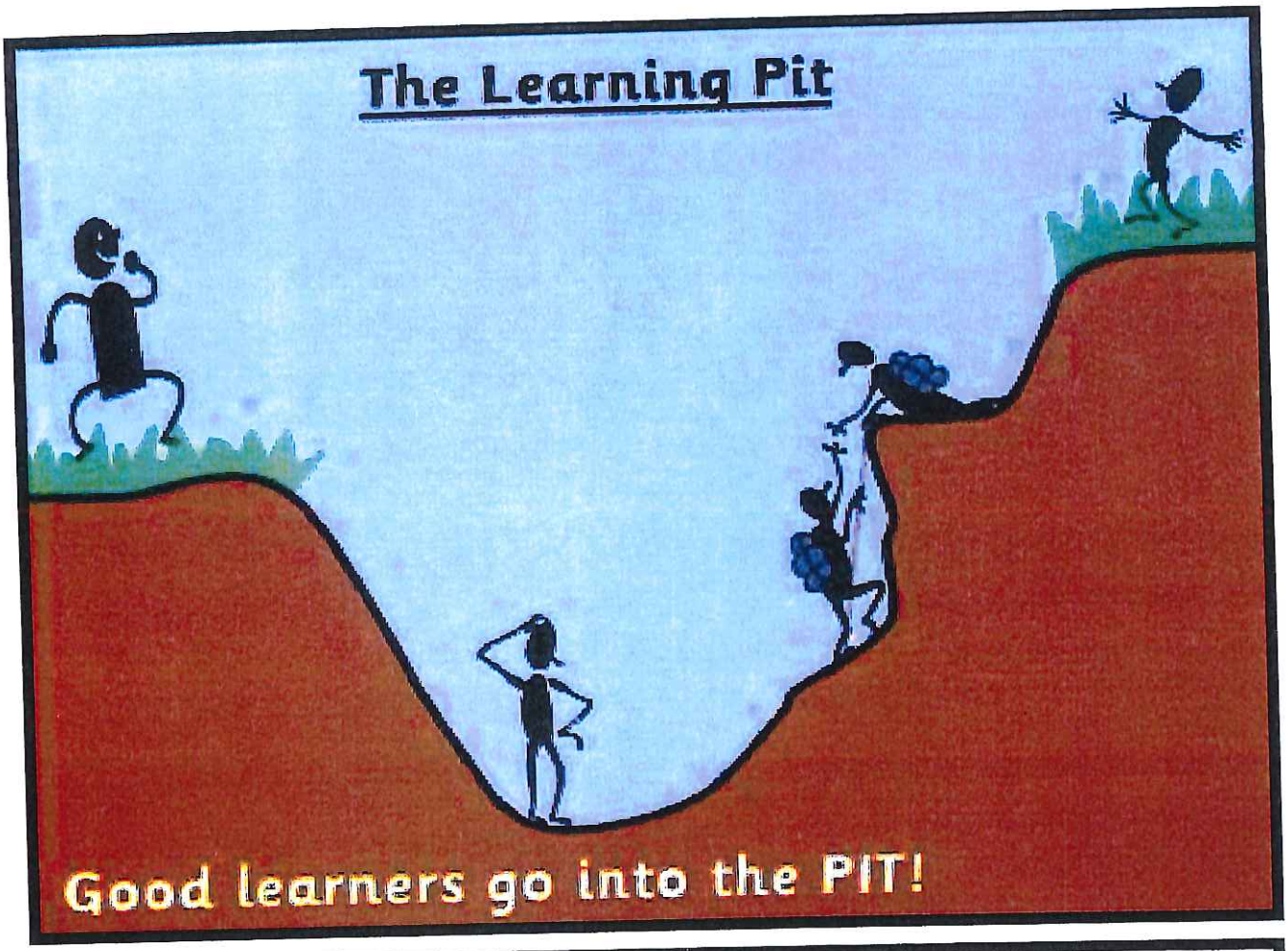
Listen for the messages in the following examples:

- ✓ "You learned that so quickly! You're so smart!"
- ✓ "Look at that drawing. Sara, is he the next Picasso or what?"
- ✓ "You're so brilliant, you got an A without even revising!"

If you're like most parents, you hear these as supportive, esteem-boosting messages.
But, listen more closely. These are the messages many children hear:

- * "If I don't learn something quickly, I'm not smart."
- * "I shouldn't try drawing anything hard or they'll see I'm no Picasso."
- * "If I start revising they'll stop thinking I'm brilliant."

FIXED MINDSET Praise	GROWTH MINDSET Praise
"Great result – you're really smart at ... "	"Wow, great result. You clearly tried really hard and your extra effort has paid off."
"You learned that so quickly – you are so smart."	"A good start, now try something even more challenging to really help you improve"
"You are such a talented musician / athlete / mathematician."	"The amount of work and effort you put into being a musician / athlete / mathematician means you are making excellent progress – well done."
"Don't worry about that last test – you have the ability and will do better next time"	"In the last test it's clear you did not spend enough time on revision – what are you going to do different for the next test?" **OR child tries REALLY hard but still no success:** "You put so much effort in, which is fantastic. Keep going - lets work together, find some new ideas and work out what you don't understand"
"You got an A – I'm so proud of your grade"	"You really studied for your English test, and your improvement shows. Good idea to read the material several times, and testing yourself. That definitely worked!"
"Fantastic – you're getting As (or Bs) with no effort!"	"Clearly that was too easy. Try an even more challenging paper/question/task you could learn from"
"Don't worry, not everyone can be good at Maths – I never was. You have other talents – focus on what you're better at"	"You haven't quite mastered that topic in Maths, yet. Keep working hard, speak to your teacher, practise even more and you will definitely improve"
Challenge any 'FIXED' mindset language you hear.	
"I'm no good at this...	"...YET!"

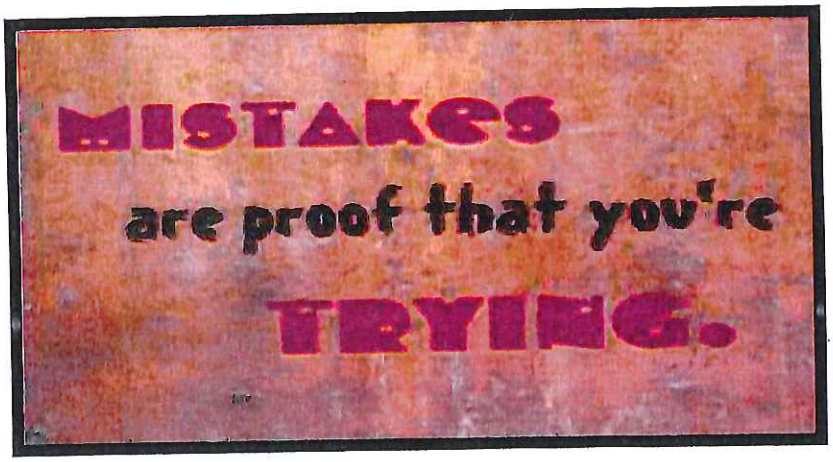


Ready to take your learning further? Then try these:

"Mindset works: How you can fulfil your potential" Carol Dweck (2012)

"Bounce: The Myth of Talent and the Power of Practice" Matthew Syed (2011)

http://www.youtube.com/watch?v=TTXrV0_3UjY Carol Dweck: The effect of



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