



Growth Mindset

In Ysgol I D Hooson, we are developing our ability to promote a Growth Mindset. On occasions we have a tendency to be reluctant to attempt new challenges, and when we do face new and unfamiliar challenges, we sometimes think that we are not going to succeed. For example

'I can't draw that picture'

'I don't understand any of this mathematics'

A Growth Mindset helps us to overcome what restricts us and helps us to avoid thinking in a fixed way. It helps us to think more about how we can succeed, encouraging us to persevere and realise the success that will come from not giving up.

**TO SUCCEED WE NEED TO BE READY TO TAKE RISKS.
TO HELP US LEARN, WE MUST BE PREPARED TO MAKE
MISTAKES !**

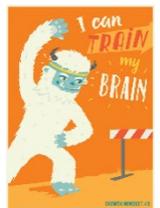


Psychologist Carol Dweck introduced the concept of a Growth Mindset.

She emphasised the importance of hard work, perseverance and resilience.



A Growth Mindset emphasises a green thinking concept. While we promote and encourage Green Thinking, we will become more willing to have a go, and try new things when challenged. We will be more willing to persevere promoting our green way of thinking.



"I can't do this now, but I will be able to !"

In every class we have been learning and thinking about two types of mindset that children and adults may have, a fixed mindset, and a growth mindset.

| Fixed | Growth |
|---|--|
| <p>I like this work because it's easy. I don't like challenges. I want others to praise me for how intelligent and clever I am. I don't think I can change how intelligent I am. I don't want to try new things because I don't know how good I will be. I give up easily.</p> | <p>I never give up I like it when the work is difficult – it means that I am learning. I love challenges. I want to be praised for the effort I have made with my work. I believe I can become more intelligent if I work hard. I feel intelligent when I have learnt something new. I learn from my mistakes.</p> |

How you can help at home ?

- Praise your child for the effort that he/she has put into the work or task, and not for how intelligent he or she is.
- Discuss and talk about the brain being like a muscle – the more it is used and exercised, the stronger it will become.
- Encourage your child not to give up when he/she finds things difficult.
- Challenge your child to try new things or to try something that's challenging.

Remember about
'Green Thinking'

