

Learning to learn: How parents/carers can make a difference with a Growth Mindset

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Aims of the workshops

- Explore what you think about learning-
Questionnaire?
- Explore how we learn
- Introducing the idea of a fixed mindset and a
growth mindset to learning
- Look at how our mindset impacts effort and
response to failure
- Ideas to try out at home with your child

Activity One

- Complete the Mindset questionnaire

Born SMART....?



So, are we born...

Good at maths?



Good at science?



Good at music?



Danny MacAskill

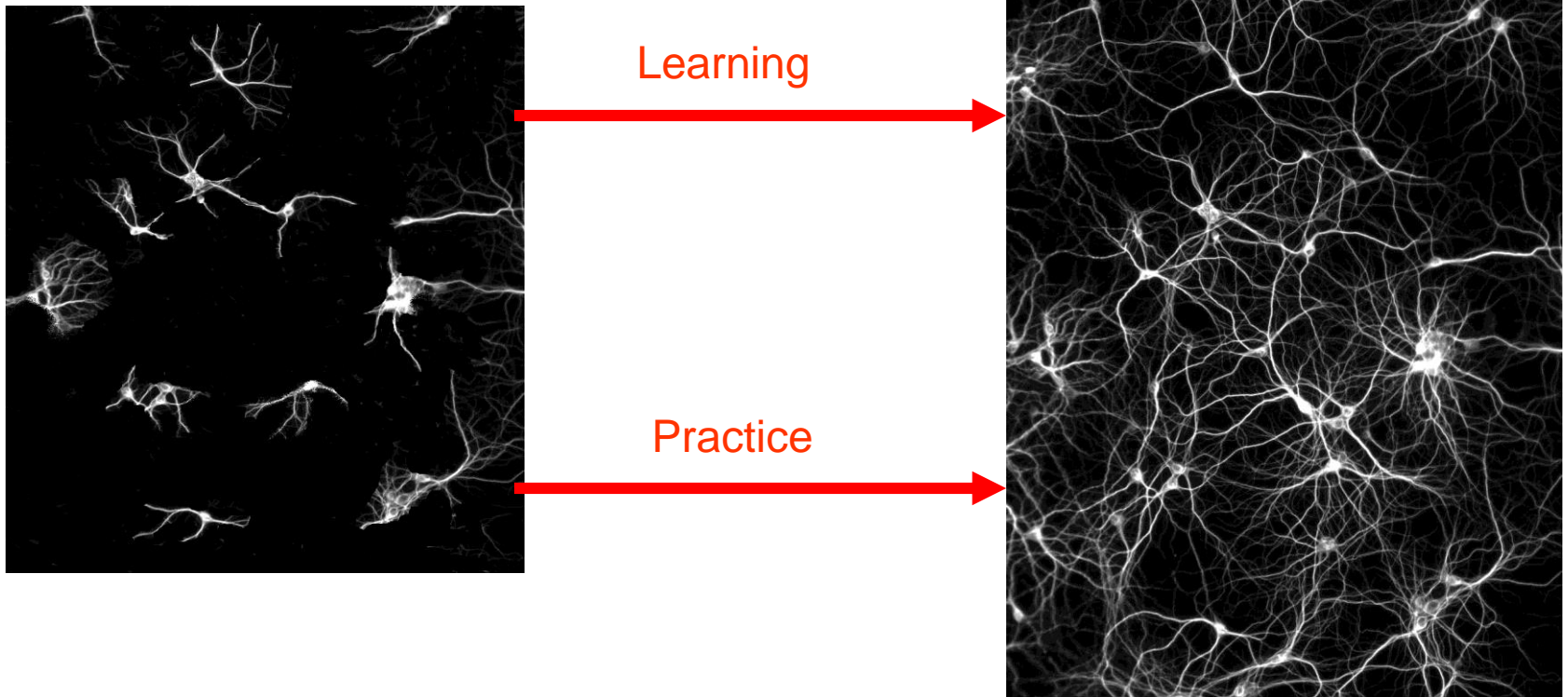
WWW.YOUTUBE.COM/WATCH?V=CJ6HO1-G6TW

How do we learn?

- ❖ Neurons are nerve cells involved in brain activity
- ❖ When we learn, we build up connections between neurons in the brain
- ❖ Practising tasks and activities help neurons make more connections



The effects of practice on brain development



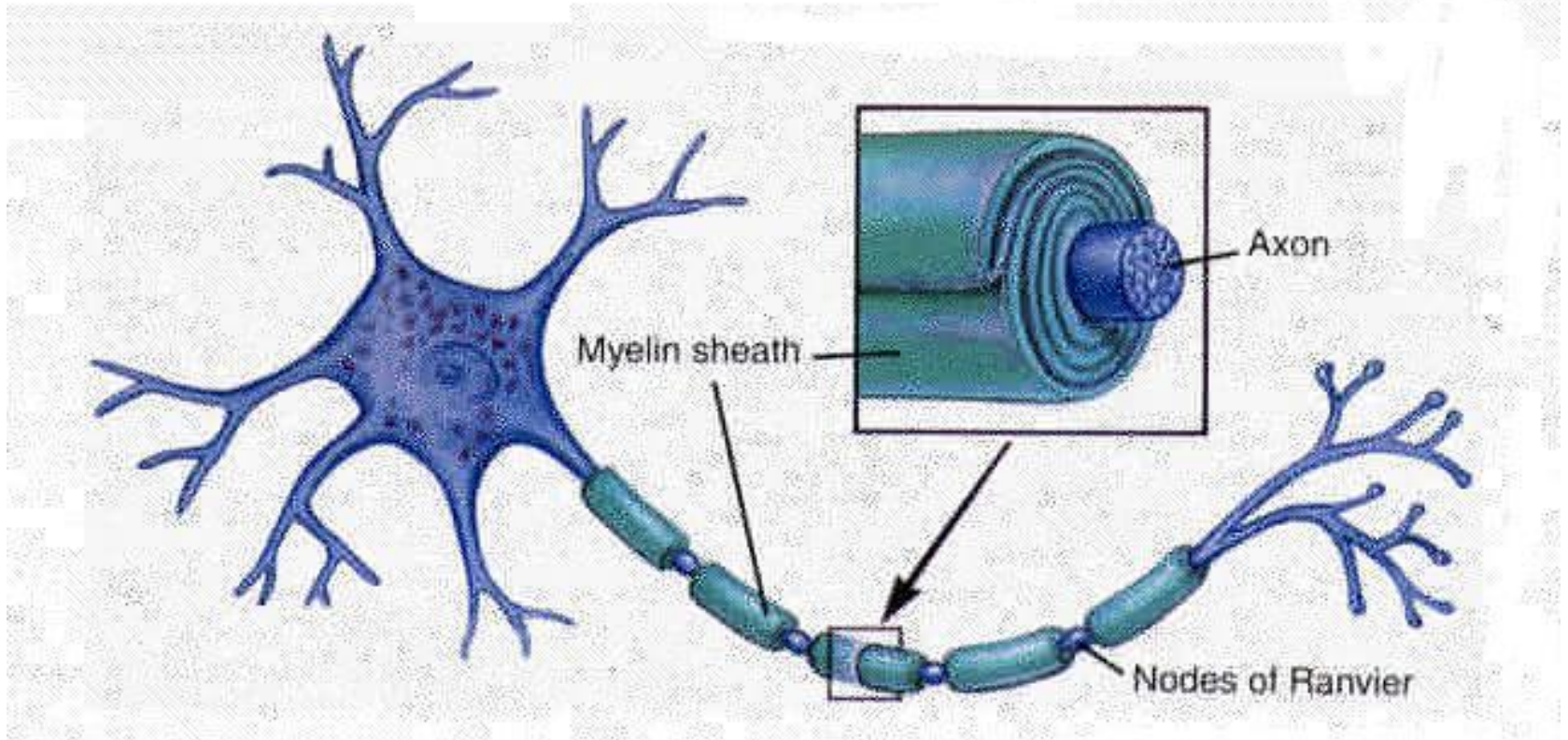
Neuroplasticity

“...the single most important change in our understanding of the human brain in 400 years”

~ Norman Doidge,

Colombia University

Myelin Sheath



Fundamental principles of myelin

1. Firing of the circuit is paramount i.e practice
2. Myelin is universal
3. Myelin wraps – it doesn't unwrap
4. Age matters

The brain as a muscle



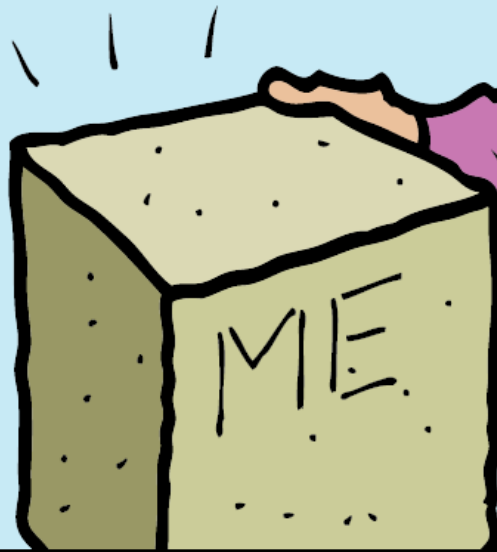
Born to learn....

- ❖ At birth we can't walk or talk
- ❖ These abilities don't pop up over night
- ❖ BUT.....
- ❖ Children develop these skills over time
- ❖ And we continue to learn as adults
- ❖ There are lots of things we can't do YET!!!



There are two views children have of intelligence

This is the way my intelligence is...!



No, intelligence WILL grow and develop



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Psychology of Success

Mindset is a simple idea discovered by Carol Dweck (Stanford University Psychologist) through decades of research on achievement and success.

Dweck's mind-set is based on a huge evidence-base showing that how *we think about our learning effects* how *we learn*

What is a MINDSET?

FIXED MINDSET

Your basic qualities are
set in stone (fixed)

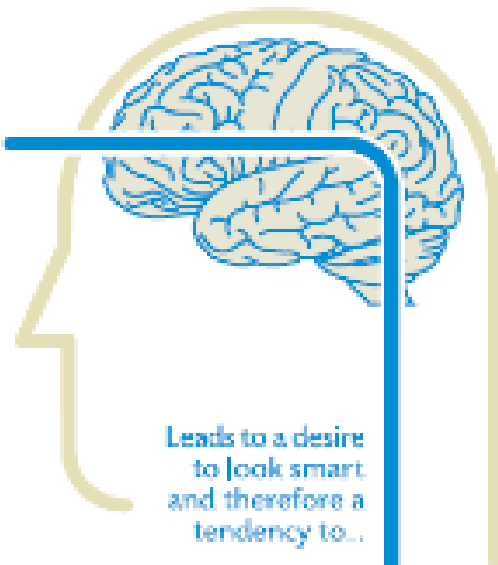
GROWTH MINDSET

Basic qualities can be
developed through your
efforts.

Impact of Mindset on learning

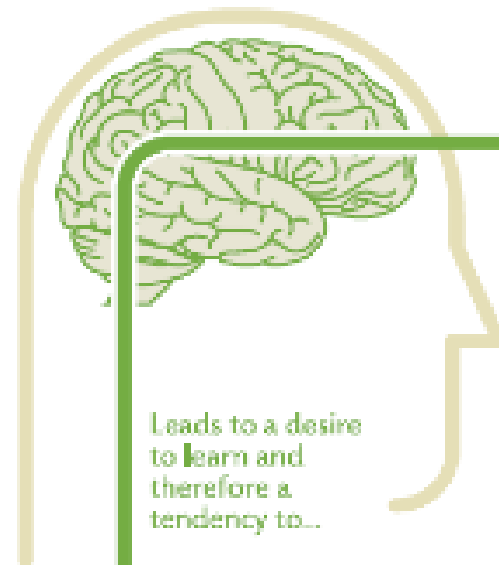
- ❖ **Understanding the importance of effort in learning**
- ❖ **Understanding the importance of mistakes in learning**
- ❖ **Responding to setbacks and failure in learning tasks**
- ❖ **Understanding the importance of how we praise learners**

Fixed Mind-set
Intelligence is static



Leads to a desire to look smart and therefore a tendency to...

Growth Mind-set
Intelligence can be developed



Leads to a desire to learn and therefore a tendency to...

CHALLENGES

...avoid challenges



...embrace challenges

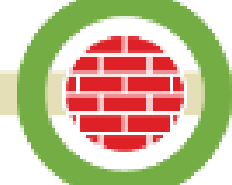


OBSTACLES

...give up easily



...persist in the face of setbacks



EFFORT

...see effort as fruitless or worse



...see effort as the path to mastery



Effects of Mindset: EFFORT

Fixed Mind-set:

It should come naturally without practice

Growth Mind-set:

You can get better at things by practising



Has been practicing for 13 years.

Now works professionally as a street trials pro rider.

Nominated for 2012 Adventurer of the Year award for changing the way a streets trials rider can redefine how we view urban landscapes.

CHALLENGES

...avoid
challenges



...embrace
challenges



- Told he was 'stupid' and 'unteachable' at school.
- Fired from a series of jobs.
- Money worries.
- Technical challenges.
- Obtained 1093 patents – including the light bulb, battery and record player.
- Genius is "1% inspiration and 99% perspiration".

Effort and Growth Mindset

<https://www.youtube.com/watch?v=EIVUqv0v1EE>

We learn from our mistakes

Fixed Mindset:

If I make a mistake I am not good at learning

Growth Mindset:

If I make a mistake I need to try again

J.K. Rowling – Harvard Commencement Speech

It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default.

J.K. ROWLING SPEAKS ABOUT THE IMPORTANCE
OF FAILURE

Video Clip

<http://sidsavara.com/personal-development/famous-failures-michael-jordan-abraham-lincoln-and-jk-rowling>

<https://www.youtube.com/watch?v=zLYECljmnQs>

Mistakes from a fixed mindset

- ❖ If a child has a fixed mindset they may have a fear of failure, and
 - ❖ Avoid what they think is a difficult task
 - ❖ Think 'If I make a mistake, I am rubbish at this'
 - ❖ Choose easy tasks
 - ❖ Give up- 'there's no point in trying, it's a waste of time'
 - ❖ Think 'praise is only when you don't make mistakes and your work is perfect'
 - ❖ Become discouraged
 - ❖ Develop low self esteem as a learner

Mistakes from a growth mindset

If a child has a growth mindset they know that mistakes are part of learning and they are not afraid of making mistakes AND

- ❖ Enjoy challenging tasks
- ❖ Think 'I'll try again' and 'I've not quite got this YET'
- ❖ Are confident to ask for help
- ❖ Don't give up – persevere
- ❖ Believe that they will be praised for the effort they make even with mistakes and when it is not perfect
- ❖ Develop into confident and successful learners

Respond to failure as 'I can't do that YET!!!'

Praise

People are very sensitive to the messages they receive about themselves.

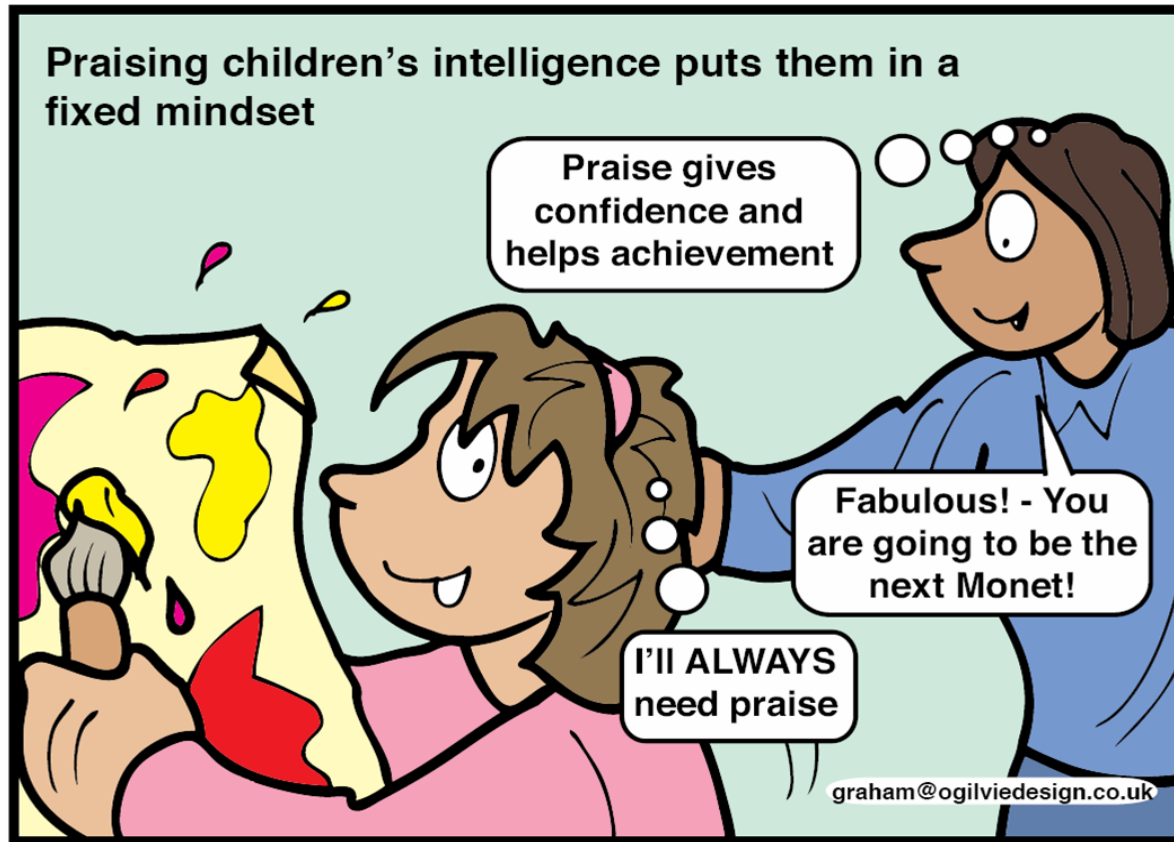
The way we interact with young people can foster either a growth or a fixed mindset.

Praise for effort v. praise for ability.

Carol Dweck Study

<https://www.youtube.com/watch?v=NWv1VdDeoRY>

Praise: Ability



Praising for ability (e.g. talent or intelligence)

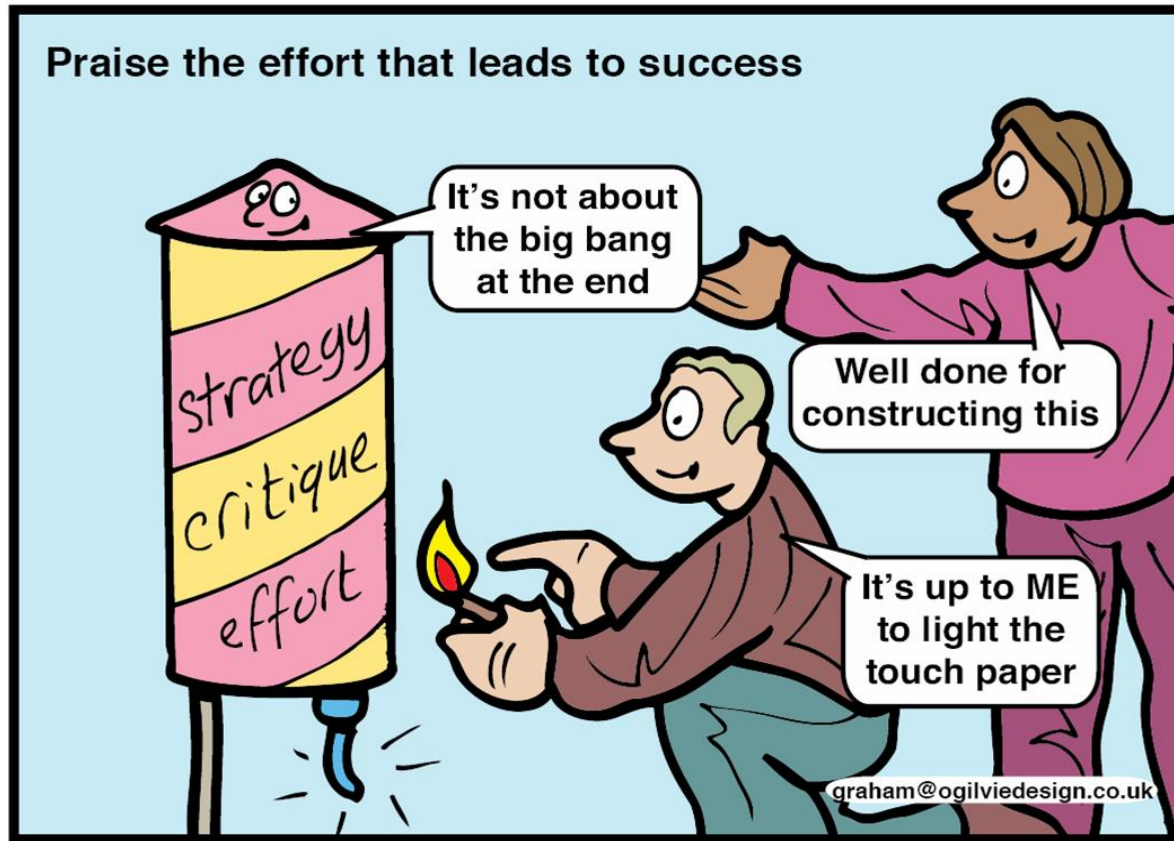
Can change a young person's mindset from growth to fixed.

Encourages young people to create **performance goals** and display a **helpless response** when faced with challenges.

Encourages young people to **lie** about scores.

Undermines motivation and willingness to take risks.

Praise: Effort



Praise for effort

- Encourages people to adopt a growth mindset.
- Encourages people to create learning goals and display a mastery response when faced with setback.
- Increases motivation and success.

Using praise to help learners

Praise from a fixed mindset

- ❖ You are clever because you got it all correct
- ❖ You are really good at.....
- ❖ You did that really quickly, well done
- ❖ You find that so easy!!

Praise from a growth mindset

- ❖ You did well! That must have been a bit easy for you - would you like to try something more challenging?
- ❖ Well done, you chose a challenging task, and you learned something new
- ❖ You made a lot of effort in that task – well done!
- ❖ Well done, you didn't give up and kept trying

Praise is not a villain



What to Praise?

Effort, struggle, persistence despite setback

Strategies, choices

Choosing difficult tasks

Learning, improvement

Good feedback is important

Constructive criticism is necessary if we want people to develop and learn.

Praise is not a villain – praising for the effort and the process will help the person become more motivated and ultimately more resilient.

How can we foster growth mindsets?

- ❖ Modelling growth Mindsets
- ❖ Use the language of growth mindset
- ❖ Praise effort and perseverance
- ❖ Teaching children directly about growth mindsets and how the brain works

Summary

A growth mindset helps people to be motivated and to succeed.

A growth mindset can be learnt.

We can foster a growth mindset in others by the type of feedback we give and by teaching them about the brain's huge potential.

Role models give people evidence of the growth mindset in action.

Fixed and Growth Mindset

<https://www.youtube.com/watch?v=brpkjT9m2Oo>

How to foster a growth mindset at home

- ❖ Praise effort and the importance of practice – **brain as a muscle!!**
- ❖ Reinforce the message **‘we learn from our mistakes’**
- ❖ **Say, ‘don’t be afraid of having a go and making mistakes’**
- ❖ Encourage perseverance – don’t give up **‘You can’t do this YET!!’**
- ❖ Praise and encourage willingness to try more challenging tasks
- ❖ Don’t overpraise a task that a child has found easy
- ❖ Don’t over praise quick task completion

Try to model all of these things in your own behaviour and language

<http://youtu.be/LmW3H-EXYS0>

Useful Websites

- www.mindsetworks.com
- www.centreforconfidence.co.uk/flourishing-lives.php?&p=cGkPTU2OA==
- www.brainology.us
- www.mindsetonline.com

References

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