

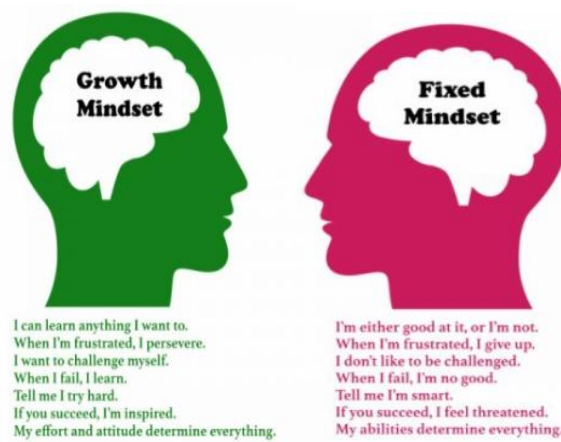
Growth Mindset

There's an old saying "If at first you don't succeed, try, try again". This saying demonstrates a Growth Mindset at work.

A growth mindset is a way of thinking that helps an individual to understand that if they put in work and effort, they will grow and develop in their skills and understanding.

The opposite of a growth mindset is a fixed mindset, a way of thinking that believes ability is permanent and set, and that you either can or cannot do something and can't control the outcomes. A fixed mindset is often shown when people say things like "I'm no good at Maths" or "this is too hard".

The picture below is a great visual for explaining growth mindset to students as well as adults. You will see this poster in many places around our school.



Teachers here at Mapleton State School work to develop a Growth Mindset in our students. We help students to understand that with effort around learning goals, students can grow in their achievement. We help them to '**Care for their learning**'. We encourage children to discuss misconceptions or misunderstandings around learning and how to work out where they were mixed up and what to do next. We provide feedback to students on their work with clear and explicit steps on what to do next. We set learning goals with the children, to help students know what they need to work on next and provide opportunities for them to practise and achieve those goals. We also explicitly discuss effort with students, so they understand that if they respond to feedback and work hard on their tasks that they can improve.

How can I help at home?

- Be aware of comments made by yourself and your children. Is it supporting a fixed or growth mindset? Choose comments that promote a growth mindset and praise effort to develop a love of learning. See the poster above for some ideas!
- Praise effort and persistence on tasks so children understand what and why they've done well e.g. don't say "Good boy" or "Good girl" (with no further information provided) but rather "Good job, you worked really hard to clean your room and now you can find where everything is!"
- If you'd like some more information go to <http://www.mindsetworks.com/webnav/parenttips.aspx> where you'll find videos discussing ways to foster a growth mindset at home.

If you'd like more information please don't hesitate to contact me.

Happy Growth mindset work!

Tia Page - HoC and Technologies Teacher