

Growth Mindset

Parent Workshop

Thursday 12th January 2017

Do you believe that some people are born more intelligent or talented than others?



At INA we don't believe

- That some people are born clever and others aren't
- That some people are born with gifts and others aren't
- That some people can achieve and others can't
- That people are born naturally great at music, sport, languages, drawing etc.

(FIXED MINDSET)

At INA we DO believe

- That everyone can grow their brain (like a muscle)
- That everyone has the potential to become really good at what they put their mind to
- That everyone can become MORE intelligent

(GROWTH MINDSET)

Think about something that you are really good at

- Swimming?
- Accounts?
- Dress making?
- Singing?
- Making samosas?
- Public speaking?

How did you come to be really good at this?

How do we get to become great at things?

- What do world class performers say about how they came to be great in their area of expertise?









Isaac Newton

“If I am anything, I have made myself so by hard work.”

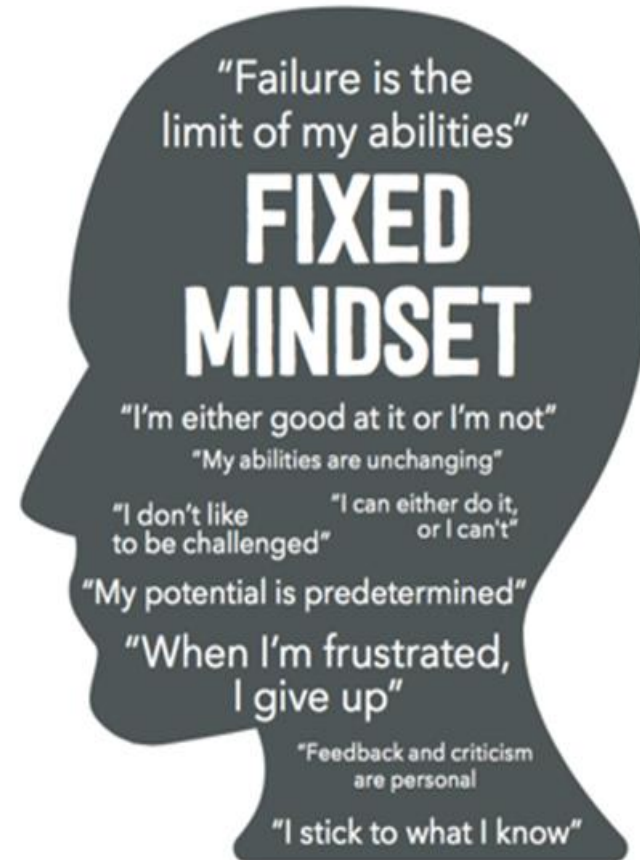
But surely some people have natural talent?

So what about 'child prodigies'?





Growth Mindset v Fixed Mindset



At INA we DO believe

that what leads to great performance is

- Practice - lots of it! – and focused practice
- Embracing & learning from mistakes
- Great teaching/coaching
- Great resources
- Someone to believe in you & acknowledge your **effort** (not tell you how clever/gifted you are!)
- Self belief

GROWTH MINDSET



Vs.



So how do we develop Growth Mindset at INA?

- We only appoint staff who believe in GM
- We discuss GM with students
- We communicate our belief in every student
- We use GM language
- We role model being learners ourselves & talk about how important mistakes are in the learning process
- We stress the power of practice and teach students **how** to practice
- We mark and feedback in a GM way

GM Language



- Intelligent/not-intelligent
- High ability
- Low ability
- Top set
- Bottom set
- Gifted
- Talented

Challenges & difficulties are to be expected!



How can YOU support us in developing Growth Mindset?

- Through the language you use
- By not allowing them to believe that they are no good at something: not yet!
- By not letting siblings/others put down their aspirations
- By stressing the power of hard work
- Through praising **effort**, not achievement
- Through praising the **job**, not the person
- Through supporting with practice
- By discussing learning and learning challenges

Growth Mindset people

- Aren't afraid of not coming first (they haven't always).
- They know that they can get better and how to improve their performance.
- They don't worry about how others view them.
- They have inner confidence that they will keep improving their performance if they remain in the right conditions.

GM students

- Are more likely to succeed in exams
- Are more likely to succeed at university
- Are more likely to be happy in life
- Are more effective life-long learners.