

# **IF YOU DO NOT WANT TO READ THE WHOLE DOCUMENT, PLEASE READ THIS:**

If you have a growth mindset, you believe that with work, practice, and perseverance, you can improve – whether it's your academic performance, or any other skill. (Those with the opposite, a fixed mindset, believe that our intelligence and talents are predisposed, and either you were born with it or not.)

Since meeting and following the great work of Stanford's Carol Dweck over the past decade, I know that not only is the growth mindset accurate, but those who hold these beliefs actually improve more than those with a fixed mindset, which makes it so essential for our children!

I believe it is intuitive that we know this, however, our experiences of learning has led us away from this intrinsic understanding.

We have the pupil led enquiry based curriculum that is ideal for developing positive mindsets in our children we need you to help us re-enforce these messages at home.

# DO THIS TO HELP FOSTER A GROWTH MINDSET

- 1. Pay attention** and verbally praise your child/children for skills that don't sound predetermined: hard work, persistence, rising to a challenge, learning from a mistake, etc., rather than being "smart", "brilliant" or "more able".
- 2. Be a growth mindset role model.** Be honest: how often do you say "I can't (cook/sing/balance/do maths)" or "I'm terrible at (sports/spelling/public speaking)" as if there's no hope for you? Make sure you're sending the right message – maybe even take on something new! Encourage them to use 'not yet' to finish any sentence about something they are currently unable to do.
- 3. Encourage your child to forget taking the easy route** (where little learning is done) and instead embrace challenges. A sheet full of questions s/he already knows the answers to won't "grow the brain" like one deeper problem to solve (even if s/he doesn't get the correct answer).
- 4. Remember growth mindset isn't just academic;** it applies to many areas of life (athletic, musical, social). Having trouble getting the netball into the net? Keep making mistakes on a guitar chord? Tried to initiate play with someone but it didn't go well? Discuss the next step for improvement.
- 5. Discourage envy of peers,** and talk to your child about what he or she can learn from others who appear more successful. While skills may come more easily to some, most often there's a (possibly unseen) element of practice, persistence, and hard work which leads to achievement.

# FINALLY

Embracing a growth mindset isn't always easy, but one of the longest research projects has shown it does have a positive effect on lifelong learning.

With consistent messages from home and school we can and will make a great difference towards all our children reaching their potential and being successful in whatever ambitions and aspirations they have in life.

N.B. It will work for you too!

Thank you/Diolch,

Dilwyn Jones