“If we only did things that were easy, we wouldn’t actually be learning anything. We’d just be practicing things we already knew.”

— David Dockterman

**Growth Mindset**

**Wednesday 14th June**

*If you’re making mistakes, it means you’re out there doing something.*

— Paul Czucek

*In this room, we don’t do easy. We make easy happen through hard work & learning.*

Sometimes what we call “failure” is really just that necessary struggle called learning.
Your challenge is to create an origami penguin from the sheet of paper in front of you. Good luck!
Did you give up immediately?

Did you try and then give up?

Did you expect to fail?

Did you expect to succeed?
Have another go at creating an origami penguin, but this time you’ll have some guidance.
A **mindset** is an attitude that determines how you will interpret and respond to situations.
A growth mindset is characterised by the belief that skills and abilities can be developed over time, through dedication and hard work.
https://www.youtube.com/watch?v=2zrtHt3bBmQ
Why do some people try harder than others?

Discuss as many answers as you can think of
Why do some people try harder than others?

“Because some people are lazy.”

“Because some people don’t care about doing well in some areas.”

“Because some people’s parents praised them for effort and criticised them for laziness.”

OK, so we can reward effort when it is shown – but some students rarely give us the opportunity, or don’t respond to our praise. And if they try hard but don’t get praised one time, how will they react?

Do they need praise to keep trying to improve at computer games?

“Because some people don’t believe that their efforts will lead to improvement.”
Whether you think you can or think you can't — you are right.

- Henry Ford
What Is Mindset?

A mental attitude that determines how you will interpret and respond to situations.
Yesterday's Theory: We Are Born with Intelligence

No matter how much you learn or how hard you work, your intelligence stays the same!

Alfred Binet was a French psychologist who invented the first practical intelligence test, the Binet-Simon scale. His main goal was to identify students who needed special help in coping with the school curriculum.

Left: Albert Binet (1857-1911)
Invented the first useable IQ test.
Today’s Theory: Mindset Matters

The distinguishing feature of geniuses is their passion and dedication to their craft, and particularly, the way in which they identify, confront, and take pains to remedy their weaknesses (Good, Rattan, & Dweck, 2008).

In other words...
It’s not what you are born with that matters; it’s your mindset that matters.

**Fixed** Mindset: Intelligence is a fixed trait.

**Growth** Mindset: Intelligence is a quality that can be changed and developed.

Whose idea was this?
Click [here](#) to find out more about Carol Dweck, professor of Psychology at Stanford University.
The Brain Is Malleable

The brain is like a muscle that gets stronger and works better the more it is exercised.

Too often students believe the brain is static, leading them to think talent and giftedness are permanent, unchanging personal attributes that automatically bring later success.

Every time you work hard, stretch yourself and learn something new your brain forms new connections and over time you actually become smarter.
Success: Ability or Attitude?

“Mr Edison, how did it feel to fail 2000 times to invent the light bulb?”

“I never failed once. It was just a 2000-step process.”
• https://www.youtube.com/watch?v=ElVUqv0v1EE
Carol S. Dweck, Psychologist:

‘IQ tests can measure current skills, but nothing can measure someone's potential. It is impossible to tell what people are capable of in the future if they catch fire and apply themselves.’
“I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game-winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed.

Michael Jordan
What to praise

- Effort
- Motivation
- New learning
- Struggle and persistence despite any set backs
- Strategies and choices
- Choosing difficult and challenging tasks
- Improvement
I will fill my mind with positive thoughts.
I won't do it.
I can't do it.
I want to do it.
How do I do it?
I'll try to do it.
I can do it.
I will do it.
Yes, I did it!
Mindset Quotes

“I’m not going to stand here and tell you that failure is fun…but some failure in life is inevitable, 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
Help us by using the same language…Don’t have a fixed but a growth mindset.

- **Fixed Mindset**
  - I like my work to be easy
  - I don’t like to try a challenge
  - I want people to praise me for how clever I am
  - I believe I cannot change how clever I am
  - I don’t like to try new things because I won’t be very good at it
  - I give up easily

- **Growth Mindset**
  - I never give up
  - I like my work to be difficult – it means I am learning
  - I love challenges
  - I want people to praise me for the effort I put into my work
  - I believe I can get more intelligent by working hard
  - I feel clever when I’m learning something new
  - I learn from my mistakes