

## Growth Mindset Information Sheet

Praising a child's intelligence and talents makes children doubt themselves as soon as anything is hard or goes wrong. The best thing we can do for a child is to teach them to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. Here are some examples of the type of praise that works:

- You really studied for your test and your improvement shows it. You read the material over several times, you outlined it, and you tested yourself on it. It really worked!
- I like the way you tried all kinds of strategies on that maths problem until you finally got it. You thought of a lot of different ways to do it and found the one that worked!
- I like that you took on that challenging project for your science class. It will take a lot of work – doing the research, designing the apparatus and building it. You're going to learn a lot of great things.
- I know school used to be easy for you and you used to feel like the smart kid all the time. But the truth is that you weren't using your brain to the fullest. I'm really excited about how you're stretching yourself now and working to learn hard things.
- That homework was long and involved. I really admire the way you concentrated and finished it.
- That picture has so many beautiful colours. Tell me about them.
- You put so much thought into this essay. It really makes me understand Shakespeare in a new way.
- The passion that you put into that piano piece gives me a feeling of real joy. How do you feel when you play it?

Things to say when your child encounters a setback:

- I liked the effort you put in, but let's work together some more and figure out what it is you don't understand.
- We all have different learning curves. It may take more time for you to catch on to this and be comfortable with this material, but if you keep at it like this you will.
- Everyone learns in a different way. Let's keep trying to find the way that works for you.

### Further Information

Dr Carol Dweck is a professor of psychology at Stanford University and the leading researcher in this field. If you want to know more about her research you might like to read the following articles:

"The Secret to Raising Smart Kids" by Carol S. Dweck

[http://space.mit.edu/~kcooksey/teaching/AY5/TheSecrettoRaisingSmartKids\\_ScientificAmerican.pdf](http://space.mit.edu/~kcooksey/teaching/AY5/TheSecrettoRaisingSmartKids_ScientificAmerican.pdf)

"Caution – Praise Can be Dangerous" by Carol S. Dweck

<http://www.aft.org/pdfs/americaneducator/spring1999/PraiseSpring99.pdf>

She has also written a number of books including: Mindset (ISBN: 978-1-78033-200-0)

Her research team have also developed some software designed to help teach children about growth mindset. It was initially designed for American children (although it is now used all over the world) and the language reflects this. It might not suit every child and it would be worth looking at the previews to help you decide. It is an online resource called "Brainology" and pricing starts from about \$10 per child (about £6.49) for home use. If it is something you think you might be interested in, it is available on the following website: <http://www.mindsetworks.com/brainology/>

If you have any questions or comments about growth mindset please email me:

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