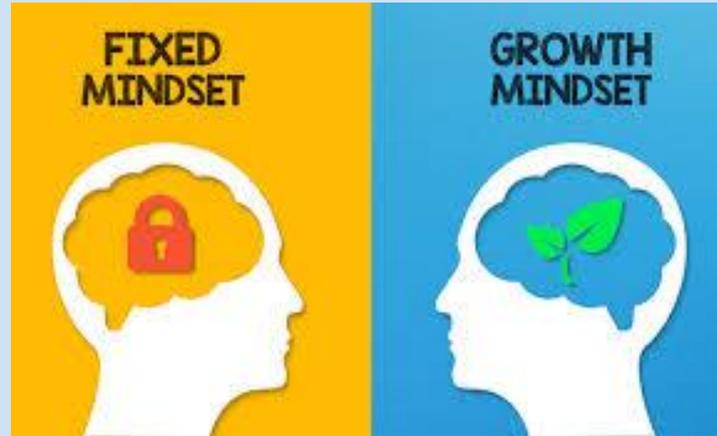


Growth Mindset

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The purpose of this session is to gain an understanding how to support the development of a Growth Mindset in children.

Session overview (approximately 15 minutes)

Today we will be talking about:

- What is a Growth Mindset?
- How we support development of a Growth Mindset at school.
- How to support development of a Growth Mindset at home.

There will be an opportunity to ask questions at the end of the session

What is a Growth Mindset?

Growth mindset is the belief that abilities can improve through effort, practice and learning.

The concept was developed by Carol Dweck at Stanford University. Her research showed that children tend to develop one of two beliefs:

Fixed Mindset “I’m either good at something or I’m not.”

Growth Mindset “I can get better with effort and practice.”

Children with a growth mindset understand that mistakes are part of learning.

Growth Mindsets





Fixed
Mindset

FIXED

Avoids challenges

Gives up easily

Sees efforts as pointless

Ignores constructive criticism



Growth
Mindset

GROWTH

Embraces challenges

Persists in the face of obstacles

Sees effort as the path to mastery

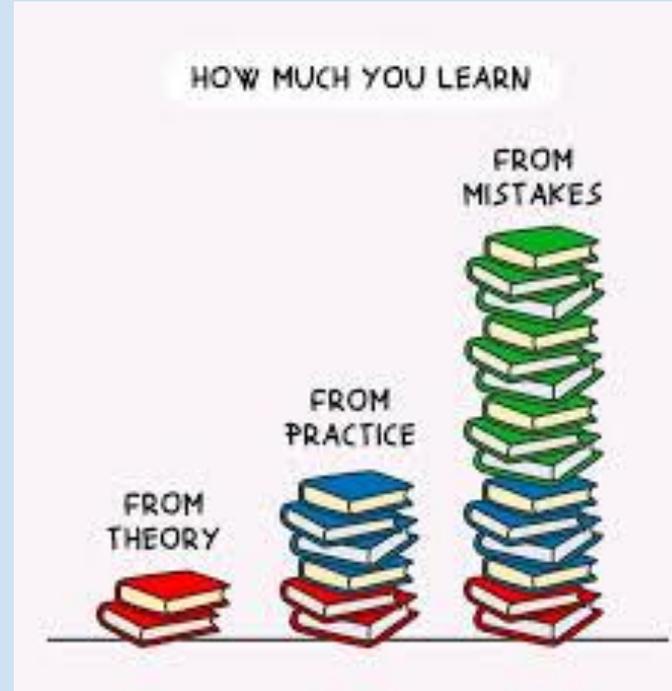
Accepts constructive criticism

Promotes a Growth Mind-Set	Promotes a Fixed Mind-Set
Praising effort and strategies	Praising pupils for being clever
Formative comments that emphasise effort and application	Formative comments that emphasise achievement
Building robust self-confidence	Praising students for achievements that come easily
Spending time developing intelligence and ability	Spending time documenting intelligence and ability
Giving pupils a strong voice in the learning process and a sense of purpose	Directing pupils as to which tasks to complete
Providing constructive criticism	Boosting self-esteem with incessant praise
Place importance on learning rather than grades/levels	Placing importance on grades/levels rather than learning

What do we do in school?

In school, we encourage children to:

- Try different strategies
- Reflect on mistakes
- Keep practicing skills
- You might hear teachers say things like: “What strategy could you try next?” “What did you learn from that mistake?” “This is tricky — that means your brain is growing.”



One of the most powerful things parents can do is change how we praise children.

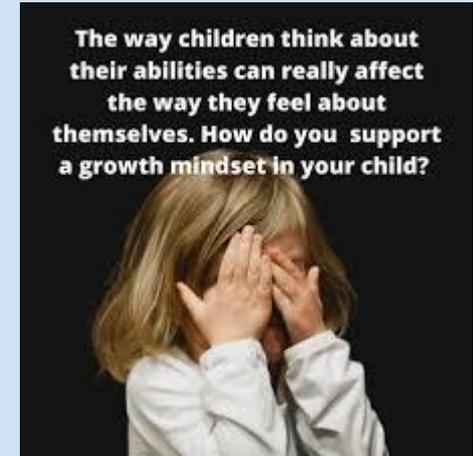
Instead of praising ability:

- ✗ “You’re so clever.”
- ✗ “You’re a natural at this.”
- ✗ “You’re no good at this, you’re just being silly.”

Praise effort and strategies instead:

- ✓ “You worked really hard on that.”
- ✓ “I like how you kept trying.”
- ✓ “You tried a new way to solve the problem.”
- ✓ “Your practice is really paying off.”

This teaches children that effort leads to improvement.



What to do when children feel frustrated

Frustration is part of learning. When children feel stuck, acknowledge the feeling

"I can see this is frustrating."

Encourage a strategy

"What could you try next?"

Take a short break if needed.

The goal isn't removing challenge — it's helping children work through it.



Summary

By modelling resilience, supporting problem-solving, and celebrating progress, parents can help children build confidence, motivation, and a lifelong love of learning.

Practice doesn't make perfect, practice makes progress!