Growth and Fixed Mindsets.

At St Kilian’s N.S., we endeavour to support your child’s development of a growth mindset. For this reason, it is important that you understand what it is, why we do it and how you can support it.

**What is a Growth Mindset?** Stanford university professor Carol Dweck spent over thirty years studying how people think about intelligence. Dweck and her colleagues found that people tend to hold one of two very different perspectives about intelligence: Fixed Mindset and Growth Mindset.

Fixed Mindset: People with this mindset:

* Believe that intelligence is set at birth, like eye colour.
* Believes intelligence doesn’t change, or changes very little, with practice.
* Mistakes are a sign that you lack talent and are to be avoided.
* Focus on judgment and work towards looking smart.

Growth Mindset : People with this mindset:

* Have an empowering perspective on learning.
* Believe that intelligence improves through study and practice, like a muscle that gets stronger with exercise.
* Focus on improvement.
* Approach challenges as an opportunity to improve and are motivated by them.
* Believe mistakes and failure are simply part of this journey.

**Why we do it?** Dweck’s research showed that how we see ourselves as learners has a profound effect on our ability to learn. The development of skills such as perseverance and resilience are vital in creating life-long learners who are passionate about learning and focused on self-formed goals. When students believe that they can improve, they work harder to achieve their goals and rebound quickly from setbacks. Providing an ethos where growth mindset is valued develops a love of learning which we at St Kilian’s National School believe is essential in recognising learning as a lifetime journey.

**How you can support it?**

1. Check in with your own mindset – be mindful of your own thinking. What messages are your children receiving from your words and actions?
2. Focus on the strategies, processes, effort and choices your child is using when working.

Ask - What did you learn today?

What did you try hard at today?

What mistake did you make that taught you something?

What was a challenge today?

1. Model learning from failure and talk positively about making mistakes

Our school works on a different Growth Mindset every week such as:

**I ask how to improve.**

**I embrace challenge.**

**I persist in the face of setback.**

**I thrive on feedback.**

**I like to stretch myself take risks and learn**.

These messages will be shared weekly with parents through Aladdin. Help us to help your children.