

We only get stronger when it's difficult!



How to praise your kids using Growth Mindset

In a **Growth Mindset** we praise **effort** and **hard work**.

Great effort! You must have **worked really hard**.

You really **studied** for your test and your **improvement** shows it.

I like the way you tried all kinds of **strategies** on that Maths homework until you finally got it.

I love the way you **kept your concentration** and you **kept on working**.

You **stuck with it** and now you really understand it.



GROWTH MINDSET

As GCSE exams become harder, how is the Newall Green High School community supporting our pupils?

How can you, as parents and carers, support your young people?

The answer is through using a **GROWTH MINDSET**.

What is a **Growth Mindset**?

Growth Mindset is the idea that everyone's work can **improve** with **effort**.

On the other hand, someone with a Fixed Mindset does not think that they can improve or get better.

Fixed Mindset	Growth Mindset
I give up when I am told how I can make my work better.	I see mistakes as a chance to learn something new.
I see my mistakes as proof that I have failed.	Mistakes are just a sign that I haven't understood it...yet.
If something is too hard, I refuse to do it or copy it off someone else.	I know that practising things is the way to improve.

We want all of our young people to have a **GROWTH MINDSET** – to believe that they can improve with practise, to believe that mistakes are a chance to learn something new and are part of the learning process – they just haven't understood it YET.

Here are some useful links to explain...

This one is a really useful starting point and is great if you have **younger children** in the family – they can use **Growth Mindset** too!

<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

Carol Dweck is a scientist who has done lots of research into how children learn. Here she explains what **Growth Mindset** is:

<https://www.youtube.com/watch?v=hiiEeMN7vbQ>

Scientists have discovered that the brain is like a **MUSCLE**...



The more you 'work out' your brain, the easier it is to tackle difficult work.

Your brain loves a challenge!