Growth Mindsets Workshop for parents



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What is growth Mindsets?



Carol S. Dweck is the Lewis and Virginia Eaton Professor of Psychology at Stanford University. Dweck is known for her work on the mindset psychological trait. She graduated from Barnard College in 1967 and earned a PhD from Yale University in 1972.



Over 30 years ago, Carol Dweck and her colleagues became interested in students' attitudes about failure. They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks. After studying the behaviour of thousands of children, Dr. Dweck coined the terms 'fixed mindset' and 'growth mindset' to describe the underlying beliefs people have about learning and intelligence. When students believe they can get smarter, they understand that effort makes them stronger. Therefore they put in extra time and effort, and that leads to higher achievement.

Recent advances in neuroscience have shown us that the brain is far more malleable than we ever knew. Research on brain plasticity has shown how connectivity between neurons can change with experience. With practice, neural networks grow new connections, strengthen existing ones, and build insulation that speeds transmission of impulses. These neuroscientific discoveries have shown us that we can increase our neural growth by the actions we take, such as using good strategies, asking questions, practicing, and following good nutrition and sleep habits.

How you can help your child have a growth mindset at home

- Praise the amount of effort your child is putting into things rather than how clever they are;
- Talk to your children about their brain being like a muscle - the more they use it, the stronger it gets;
- Encourage your children to not give up if they are finding something difficult;
- Challenge your children to try something new or challenging.
- Help your child to see that getting 'stuck' is good!
- Encourage and model for your child how to be positive about things. Practise turning negative thoughts into positive and seeing the good in everything.

Phrases that encourage a growth mindset

Wow! ☺ Look at that!

1. Tell me about it.
2. Show me more.
3. How did you do that?
4. Let's see what you did.
5. How do you feel about it?
6. How did you figure that out?
7. I see that you _____ (be specific)
8. That looks like it took a lot of effort.
9. How many ways did you try it before it turned out the way you wanted it?
10. What do you plan to do next?
11. That looks like it took so much work.
12. Are you pleased with what you did?
13. What questions did you ask?

Instead of 'What did you do at school today?' try asking…

'What did you struggle with today?'

Or

'What did you find really hard today?'

Or

'What did you learn to do today that you didn't know before?' 'How did you learn to do it?'

Or

'What are you really proud of today?'