

How we are developing a Growth Mindset at Brownlow Fold

Growth mindset refers to a learning theory developed by Dr Carol Dweck. It revolves around the belief that you can improve intelligence, ability and performance. The opposite, a fixed mindset, refers to the belief that a person's talents are set in stone. Years of research has demonstrated that mindset is malleable, meaning that we can help our children to learn more effectively and efficiently by changing their mindset from a fixed mindset to a growth mindset.



Advantages of a Growth Mindset

There is a lot of peer-reviewed research on the advantages of encouraging a growth mindset in pupils. These include:

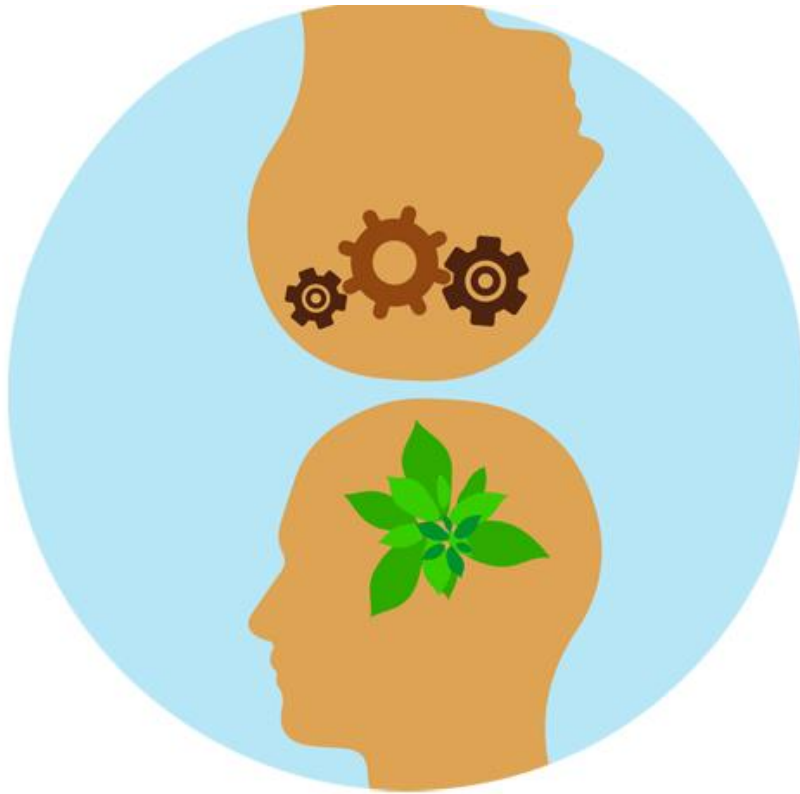
They will seek out better feedback and persist for longer

They cope better with transitions and develop better self-regulation

It reduces stress and aggression in pupils as well as increasing wellbeing and emotional functioning

It Improves self-esteem, learning orientation and reduces helplessness

It is associated with GRIT and pro-social behaviours



How to Develop a Growth Mindset

There is no set way on to develop a growth mindset in pupils.

At Brownlow Fold we have introduced the following:

Types of Praise – praising the process, pupil's effort and individual development over the result, Encouraging our pupils to ask for and act on feedback. Encouraging a sense of curiosity

Level of Expectation – having high, challenging but realistic expectations of performance and communicating this to our pupils.

Positive Group Norms – creating a growth culture that values learning, education and development

Helpful Self-Talk – Teaching pupils to manage how they talk to themselves and to do so in a positive, helpful and energised way.

