



The power of YET!

Aim: To develop an understanding of
a growth mindset.

Wednesday 5th April 2017

Yesterday's Theory: We Are Born with Intelligence

No matter how much you learn or how hard you work, your intelligence stays the same!

Alfred Binet was a French psychologist who invented the first practical intelligence test, the Binet-Simon scale. His main goal was to identify students who needed special help in coping with the school curriculum.

Left: Albert Binet (1857-1911)
Invented the first useable IQ test.



Today's Theory: Mindset Matters

The distinguishing feature of geniuses is their passion and dedication to their craft, and particularly, the way in which they identify, confront, and take pains to remedy their weaknesses (Good, Rattan, & Dweck, 2008).

In other words...

It's not what you are born with that matters; it's your mindset that matters.

Fixed Mindset: Intelligence is a fixed trait.

Growth Mindset: Intelligence is a quality that can be changed and developed

This theory has been developed by Carol Dweck Professor of Psychology at Stanford University in California.

Growth mindset or Fixed mindset

<https://www.youtube.com/watch?v=Yl9TVbAal5s>

The Brain Is Malleable

The brain is like a muscle that gets stronger and works better the more it is exercised.

Too often students believe the brain is static, leading them to think talent and giftedness are permanent, unchanging personal attributes that automatically bring later success.

Every time you work hard, stretch yourself and learn something new your brain forms new connections and over time you actually become smarter.



Steps to Developing A Growth Mindset

Step 1

Learn, learn, learn

Step 2

Realise hard work
is key.

Step 3

Face setbacks.



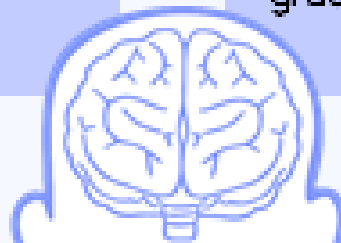
Mindset Step 1: Learn, Learn, Learn

Fixed Mindset

Look intelligent at all costs.
“The main thing I want to do is to show others how good I am.”

Growth Mindset

Learn, learn, learn.
“It’s much more important for me to learn than to get top grades.”



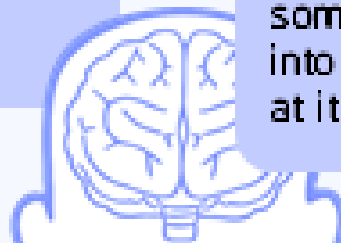
Mindset Step 2: Realise Hard Work Is Key

Fixed Mindset

Learning should come naturally.
“When I have to work really hard in a subject, I don’t feel very smart.”

Growth Mindset

Putting a lot of effort into learning and working hard is key.
“The harder I have to work at something, the more effort I put into something, the better I’ll be at it.”



Mindset Step 3: Face Setbacks

Fixed Mindset

Hide mistakes and conceal deficiencies, retreat, blame others, act superior.

"I'd spend less time on this subject from now on."

"I would try not to take this subject ever again."

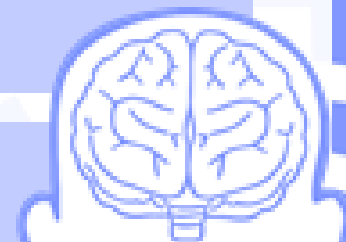
"I would try to cheat on the next test."

Growth Mindset

Capitalise on mistakes and confront deficiencies.

"I would work harder in class from now on."

"I would spend more time studying for the test."



This is something which we will
be working on in school.

It will be mentioned in assemblies and
within our classroom talk.

It is the next stage of developing our
learning culture.

FIXED MINDSET

THE BELIEF THAT YOUR POTENTIAL WAS DETERMINED AT BIRTH.



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GROWTH MINDSET

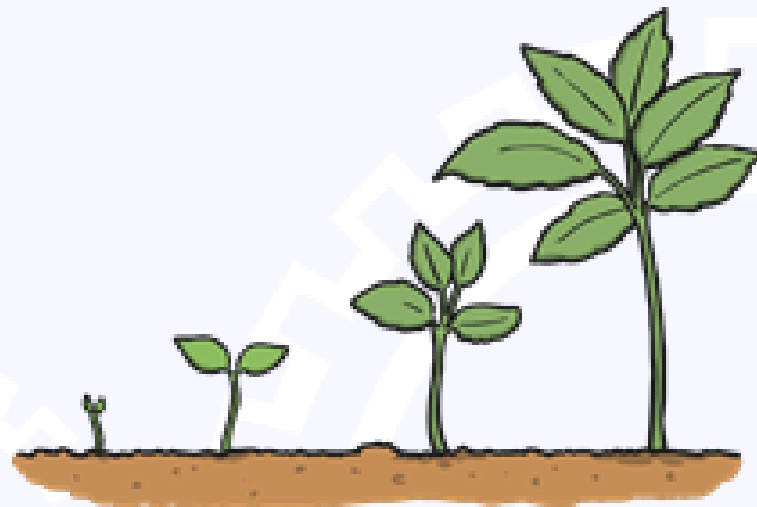
THE BELIEF THAT WE CAN WORK HARD AND IMPROVE.



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Remember to...

- Focus on effort, struggle, persist despite setbacks
- Choose difficult tasks
- Focus on strategies
- Reflect on different strategies that work and don't work for you
- Focus on learning and improving
- Seek challenges
- Work hard



Growth Mindset Talk

- I can learn anything I want to
- When I'm frustrated, I persevere
- I want to challenge myself
- When I fail, I learn
- I learn from criticism and follow advice
- I like to be told that I'm trying hard
- If you succeed, I'm inspired
- My effort and attitude determine everything



Learning Culture

I can't do it! → I can't do it YET!