

AN

INTRODUCTION
TO MINDSETS FOR
PARENTS AND
PARENTING
2021



Kintsugi



Just a fad?

- Based on lots of science and research
- Trained in health and education
- Amazing results with a range of people in different social and economic groups

Teacher Network
Lessons from research

Research every teacher should know: growth mindset

In his series of articles on how psychology research can inform teaching, Bradley Busch picks an academic study and makes sense of it for the classroom. This time: an influential research project on growth mindset

Bradley Busch

🐦 @Inner_drive

Thu 4 Jan 2018 07.30 GMT



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Fixed Mindset

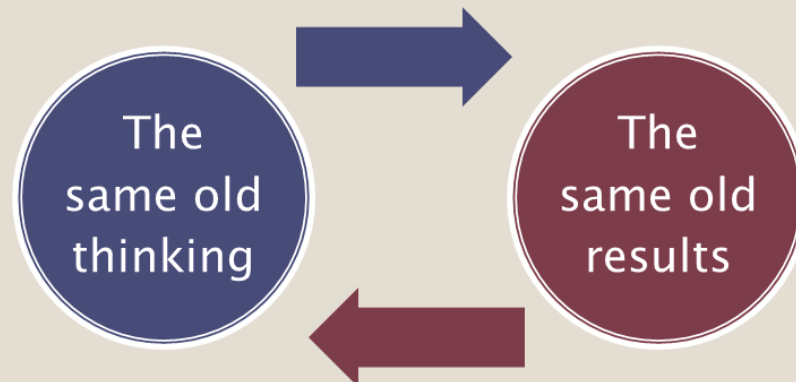
- You have a certain amount **and that is it** – intellect, athletic ability, personality, personal qualities.
- Don't want challenge – failure means they aren't who they want to be
- Don't like setbacks – run from them as they see them as measuring them

Growth Mindset

- Everything can be developed over time
- Dedication, passion, help from others
- Love challenge
- Thrive in the face of challenge – this is part of learning
- Easy – is boring
- Hard – captivates and motivates

People with fixed mindsets facing a problem

- Don't try – I am a failure
- Everything measures you in a school
- My fixed mindset is validated every time that I do an activity and don't get **everything** correct.
- Not much resilience – fait accompli
- I am.... and there is nothing I can do about it
- Isn't always obvious to the child or adult that they are limited.



Different areas, different mindsets

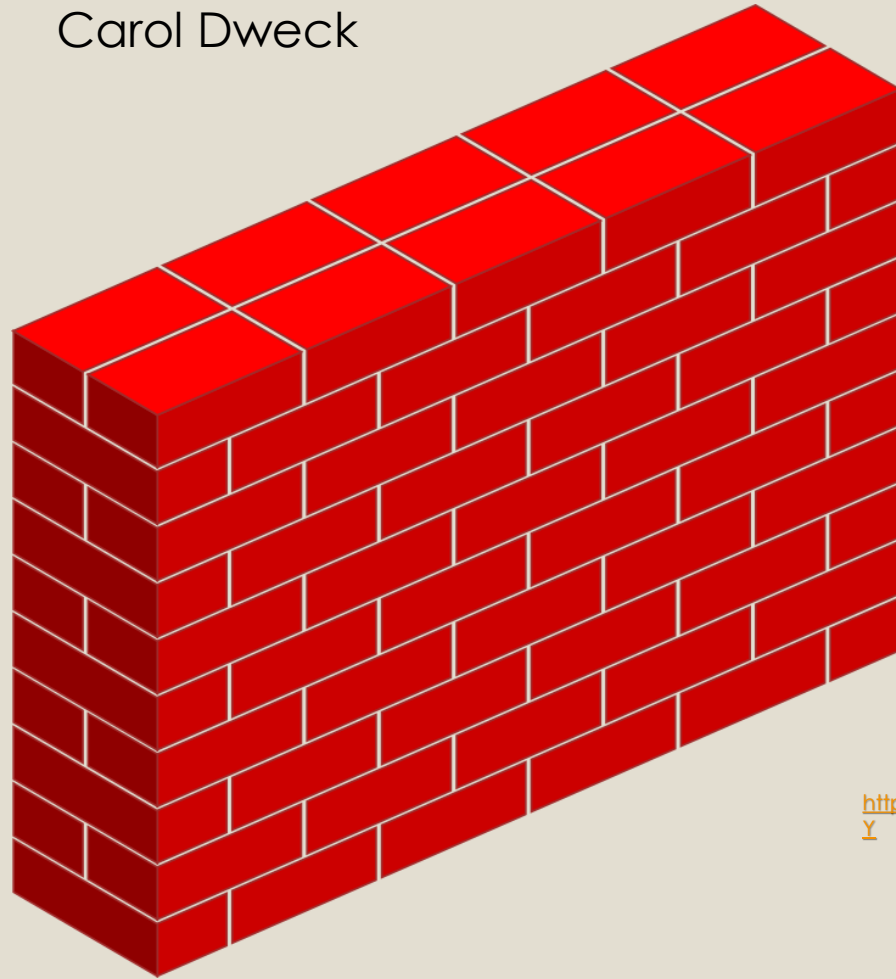
- Athletic ability is fixed, intellect is changeable

Just think positively and it will happen?

Have a go.

- Think about a challenge you have faced and overcome – it might be learning a language, fixing something, an awkward situation...
- Think of single words to describe how you overcame it...

Up against a problem –
Carol Dweck



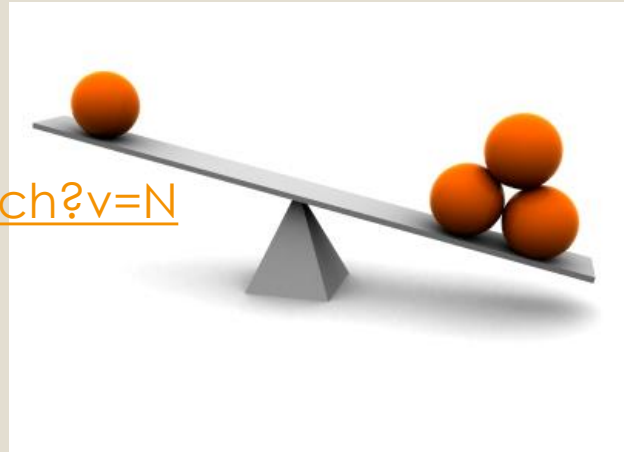
https://www.youtube.com/watch?v=TTXrV0_3UjY

Hippocampus



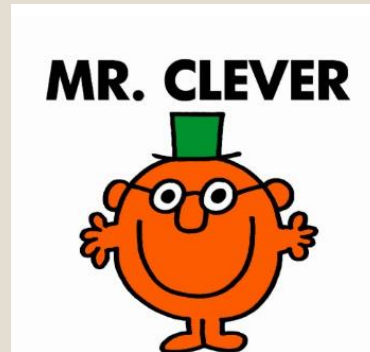
Feedback trumps praise

- Getting your children to learn for **extrinsic** reason can limit *them* – stickers, toys, magazines and unfocussed praise. They do it for you, not for them.
- **Intrinsic** praise will create life long learners, children with growth mindsets



<https://www.youtube.com/watch?v=NWv1VdDeoRY>

The unintended problem with parent praise



- Inviting complacency – geniuses always excel
- Limiting the purpose of the learning – I'm doing this for my mum or teacher
- Inspiring fear of failure – can I ever get that level of praise again?
- Creating resentment – I don't like being called a genius, I can't live up to

‘That’s lovely darling, put it on the fridge...’



Tortoise and the Hare

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

Modelling Mistakes

- What did you learn today that was surprising?
- Did you make any good mistakes today
- How did you learn from them?
- What did you do that helped your brain grow?
- How did you help someone else to grow their brain.

So What!!!



Keeping
up the
self
esteem.



FIXED MINDSET

MINDSET

CHARACTERISTICS

GROWTH MINDSET

SKILLS ARE BORN
YOU CAN'T LEARN & GROW

BELIEFS

SKILLS ARE BUILT
YOU CAN LEARN & GROW

PERFORMANCE & OUTCOMES
NOT LOOKING BAD

FOCUS

THE PROCESS
GETTING BETTER

KEYS TO GROWTH

NOT NECESSARY
NOT USEFUL



EFFORT

USEFUL
WILL LEAD TO GROWTH

BACK DOWN & AVOID
FRAME AS A THREAT



CHALLENGES

EMBRACE & PERSEVERE
FRAME AS AN OPPORTUNITY

HATE THEM & GET DISCOURAGED
TRY TO AVOID MAKING THEM



MISTAKES

USE THEM TO LEARN
TREAT THEM AS OPPORTUNITIES

NOT HELPFUL
GET DEFENSIVE & TAKE PERSONALLY



USEFUL INFORMATION
APPRECIATE IT & USE IT TO GROW

DEVELOPING A **GROWTH MINDSET**

| INSTEAD OF..... | TRY THINKING.... |
|------------------------------|-------------------------------|
| I'm not good at this | What am I missing? |
| I give up | I'll use a different strategy |
| It's good enough | Is this really my best work? |
| I can't make this any better | I can always improve |
| This is too hard | This may take some time |
| I made a mistake | Mistakes help me to learn |
| I just can't do this | I am going to train my brain |
| I'll never be that smart | I will learn how to do this |
| Plan A didn't work | There's always Plan B |
| My friend can do it | I will learn from them |