



"Learning is a journey, to be taken together, one step at a time"



Onchan Primary School

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Growth Mindset at Onchan School (Part 1)

At Onchan School, we want our children to grow up to be happy, healthy, well adjusted in life and find success in whatever they do. We want to do our best to help them get there; which is why we have Growth Mindset as one of our school priorities this year.

FAIL
[F] FIRST
[A] ATTEMPT
[I] IN
[L] LEARNING

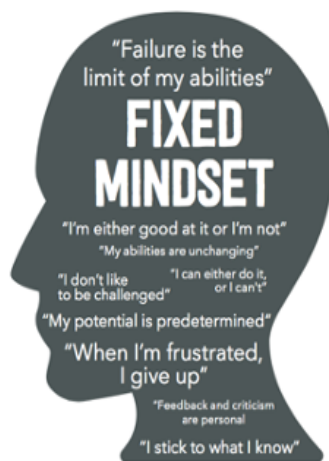
A Growth Mindset is based upon research conducted by Dr. Carol Dweck of Stanford University. Her research points to people having one of two mindsets: Growth and Fixed.

"In a Fixed mindset, students believe their basic abilities, their intelligence, their talents, are just fixed traits. In a Growth mindset, students understand their talents and abilities can be developed through effort, teaching a persistence".

In school, staff recognise students with a fixed mindset as being scared to contribute to class discussion for fear of looking stupid; who take one bad test as a sign that they cannot do the subject, are going to fail and therefore give up; who will not try anything new for fear of getting it wrong; who will persevere with the same approach to their learning even when it is not working rather than being creative and finding a different solution.

Developing a Growth mindset is designed to remove these barriers to learning as students realise they can grow their ability rather than being told they can't.

We want all children to grow and be successful. We have an important part to play in supporting, challenging and developing our children. By understanding how to develop a growth mindset in your child and yourself, you will be supporting them to become a better learner (at school and in their personal lives) and how to achieve their personal best in life.



Help us to become a growth mindset school.

For further reading and information:

www.mindsetworks.com

www.mindsetonline.com



Isle of Man Department of Education



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GROWTH MINDSET vs. FIXED MINDSET

EMBRACES CHALLENGES	AVOIDS CHALLENGES
LEARNS FROM FEEDBACK AND CRITICISM	IGNORES CRITICISM
INTELLIGENCE AND TALENT CAN BE DEVELOPED	INTELLIGENCE AND TALENT IS FIXED
MORE EFFORT	LESS EFFORT
KEEPS TRYING AND NEVER GIVES UP	GIVES UP EASILY
PERSISTS IN THE FACE OF SETBACKS	I AM A FAILURE
INSPIRED BY OTHERS SUCCESS	THREATENED BY THE SUCCESS OF OTHERS
I WILL LEARN FROM FAILURE	I ALWAYS FAIL
THIS WILL TAKE TIME AND HARD WORK	I WILL NEVER IMPROVE
I WANT TO KEEP LEARNING	WHY SHOULD I BOTHER?

@BELIEVEPHQ

THE POWER OF YET!



10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

- I'm not good at this.
- I'm awesome at this.
- I give up.
- This is too hard.
- I can't make this any better.
- I just can't do Math.
- I made a mistake.
- She's so smart. I will never be that smart.
- It's good enough.
- Plan "A" didn't work.

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!

(Original source unknown)

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