



Pride and Respect  
**Overcome** Inspire and  
**Obstacles** be Inspired  
**Maximum Effort**  
**Expert Teaching and Feedback**  
**Challenge Yourself**

# How the brain works.....



- <https://www.youtube.com/watch?v=BEwg8TeipfQ>

## Fixed Mind-set

Leads to a desire to look smart and therefore a tendency to...

...avoid challenges

...give up easily

...see effort as fruitless or worse

...ignore useful negative feedback

...feel threatened by the success of others



### CHALLENGES

...embrace challenges



### OBSTACLES

...persist in the face of setbacks



### EFFORT

...see effort as the path to mastery



### CRITICISM

...learn from criticism



### SUCCESS OF OTHERS

...find lessons and inspiration in the success of others

## Growth Mind-set

Leads to a desire to learn and therefore a tendency to...

<https://www.youtube.com/watch?v=EIVUqv0v1EE>

# 10 Growth Mindset Statements

FIXED MINDSET



What can I say to myself?

INSTEAD OF:

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.

TRY THINKING:

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!

GROWTH MINDSET



(Original source unknown)

@sylviaaduckworth



## *Expect Excellence*

**A key strategy to improve outcomes is to develop a growth mind-set ethos with all stakeholders**

### **Maximum Effort**

Everybody motivated to work hard and do the best they can

### **Challenge Yourself**

Everybody having the ambition and confidence to exceed targets

### **Overcome Obstacles**

Everybody having the mental resilience and independence in finding solutions

### **Use Feedback**

Everybody receiving expert feedback to improve

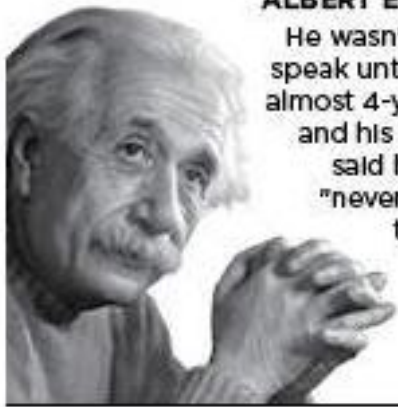
### **Inspire and be Inspired**

Everybody striving to make a difference

## **Pride and Respect**

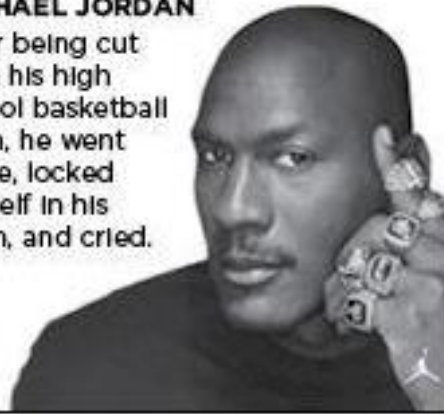
- <https://www.youtube.com/watch?v=NWv1VdDeoRY>

# FAMOUS FAILURES



## ALBERT EINSTEIN

He wasn't able to speak until he was almost 4-years-old and his teachers said he would "never amount to much"



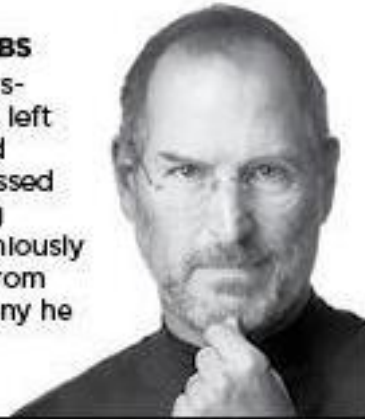
## MICHAEL JORDAN

After being cut from his high school basketball team, he went home, locked himself in his room, and cried.



## WALT DISNEY

Fired from a newspaper for "lacking imagination" and "having no original ideas."



## STEVE JOBS

At 30-years-old he was left devastated and depressed after being unceremoniously removed from the company he started.



## OPRAH WINFREY

Was demoted from her job as a news anchor because she "wasn't fit for television."

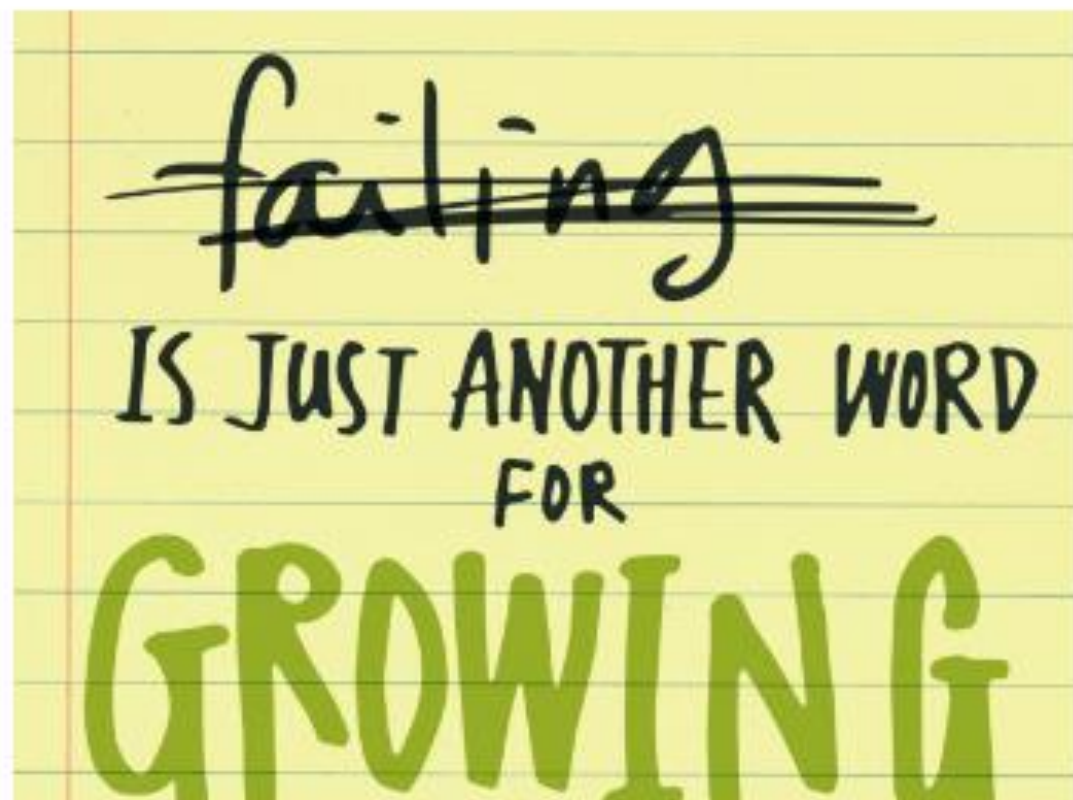


## THE BEATLES

Rejected by Decca Recording Studios, who said "We don't like their sound—they have no future in show business."

**IF YOU'VE NEVER FAILED,  
YOU'VE NEVER TRIED ANYTHING NEW**

And if **when** your child fails, celebrate the lessons in the failure. Tell them about all the **famous people who failed** and didn't give up. Read one of these **biographies of individuals with a growth mindset**.





<http://www.edpartnerships.org/sites/default/files/events/2016/02/Mindset%20Quiz.pdf>

# Top Tips for Parents

- ✓ Have daily learning discussions
- ✓ Give feedback on process only
- ✓ Do you know brains can grow?
- ✓ Encourage risk, failing, and learning from mistakes – have a growth mindset
- ✓ Encourage and model positive self talk – have a growth mindset.



Thank you for attending!

**Your effort is  
appreciated!**



<https://www.youtube.com/watch?v=g7FdMi03CzI>