

‘Growth Mindset’

at Barrow School

‘Growth Mindset’ is a very popular concept in many schools nowadays. It stems, originally, from a great deal of research by a lady called Carol Dweck and there’s all sorts of information on the internet (and great videos on youtube!) on this subject if you’re interested in learning more.

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



I have a
GROWTH MINDSET!



How can parents get involved?

Have a look at some of the key phrases that encourage a ‘growth mindset’. Consider how this mindset might have helped you when you at school or trying to learn something new. Try using these encouraging expressions to support your child in anything from maths homework to learning to ride a bike!