



Developing a growth mindset

Session 1: Defining 'growth mindset', its benefits and the role of effort

What is 'growth mindset' ?



In no more than seven words, can you explain what a 'growth mindset' is?



Intelligence/ability ...



Are you born with it ... or ... can you develop it?

Success is a combination of:



Talent



Mindset

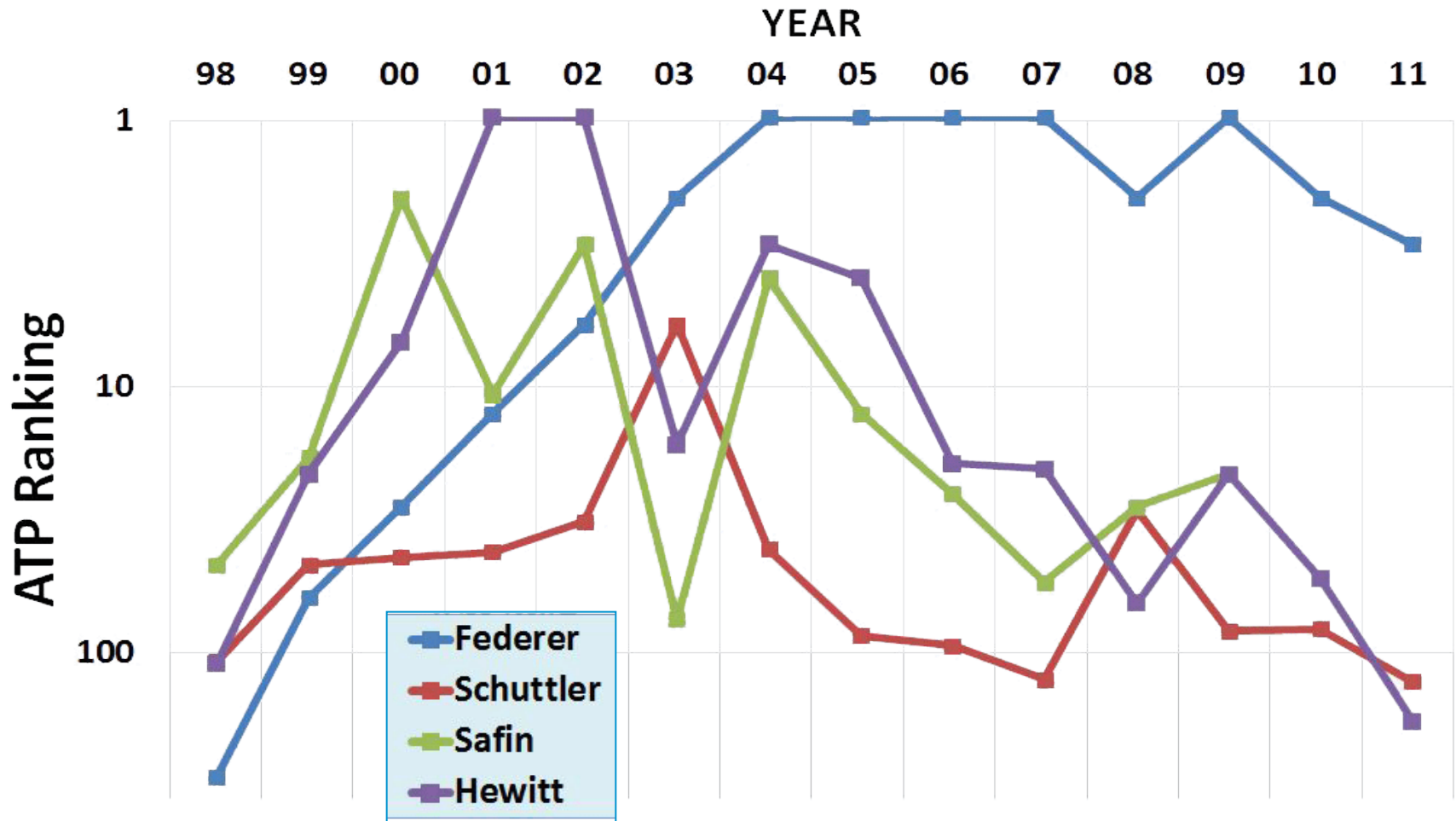
Mindset: talent matrix



A case study: Roger Federer



A case study: Roger Federer



Growth mindset: what it isn't

- × Anyone can do anything
- × That ability doesn't matter
- × Anti-competition
- × Making people feel better about failing
- × Simply telling pupils to 'try harder'
- × A silver bullet
- × A quick fix

Growth mindset in seven words or less



- ✓ That intelligence is not set in stone
- ✓ The belief that I can improve
- ✓ Knowing that my talent can be developed
- ✓ The knowledge that I can be better

What are the benefits?



If someone believes they can improve, what behaviours could this lead to?



Growth mindset: benefits



- **Seek out better feedback** *(Mueller and Dweck, 1998)*
- **Stretch themselves** *(Mueller and Dweck, 1998)*
- **Want to persist for longer** *(Mueller and Dweck, 1998)*
- **Cope better with transitions** *(Blackwell et al., 2007)*
- **Higher levels of grit** *(Hinton and Hendrick, 2015)*
- **Better grades** *(Dweck, 2008 and Paunesku et al., 2015)*
- **Less likely to drop out of school** *(Paunesku et al., 2015)*
- **Reduced stress and aggression** *(Yeager and Dweck, 2012)*

The role of effort



You tried your
best and you
failed miserably.
The lesson is,
never try.

Homer Simpson

The role of effort



Fixed mindset

Pointless

**Counter
indicator**

Risky



Growth mindset

Vital

Worth it

Pride

Ed Sheeran: growth mindset



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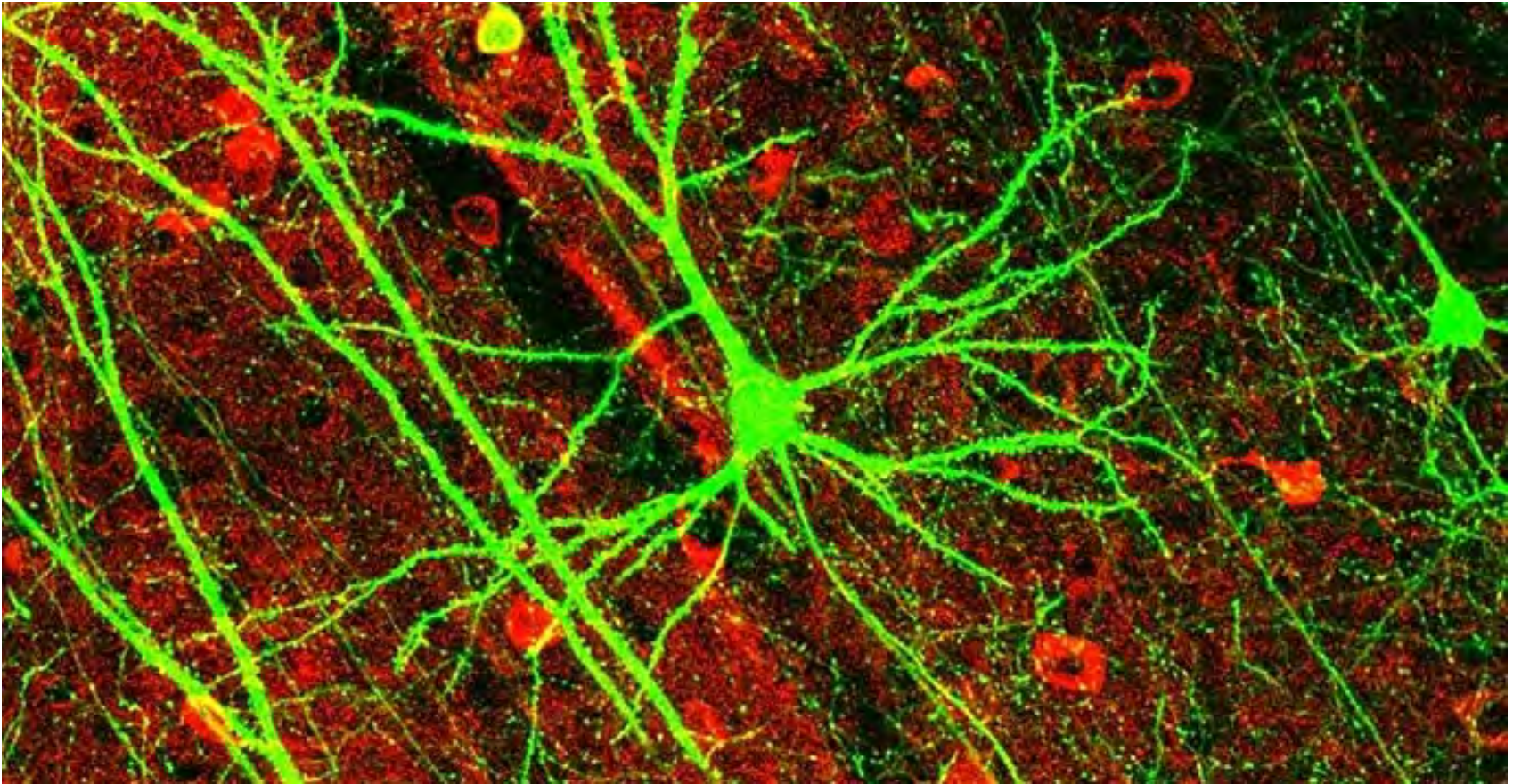
Developing a growth mindset



How can we help a develop a positive attitude towards effort?

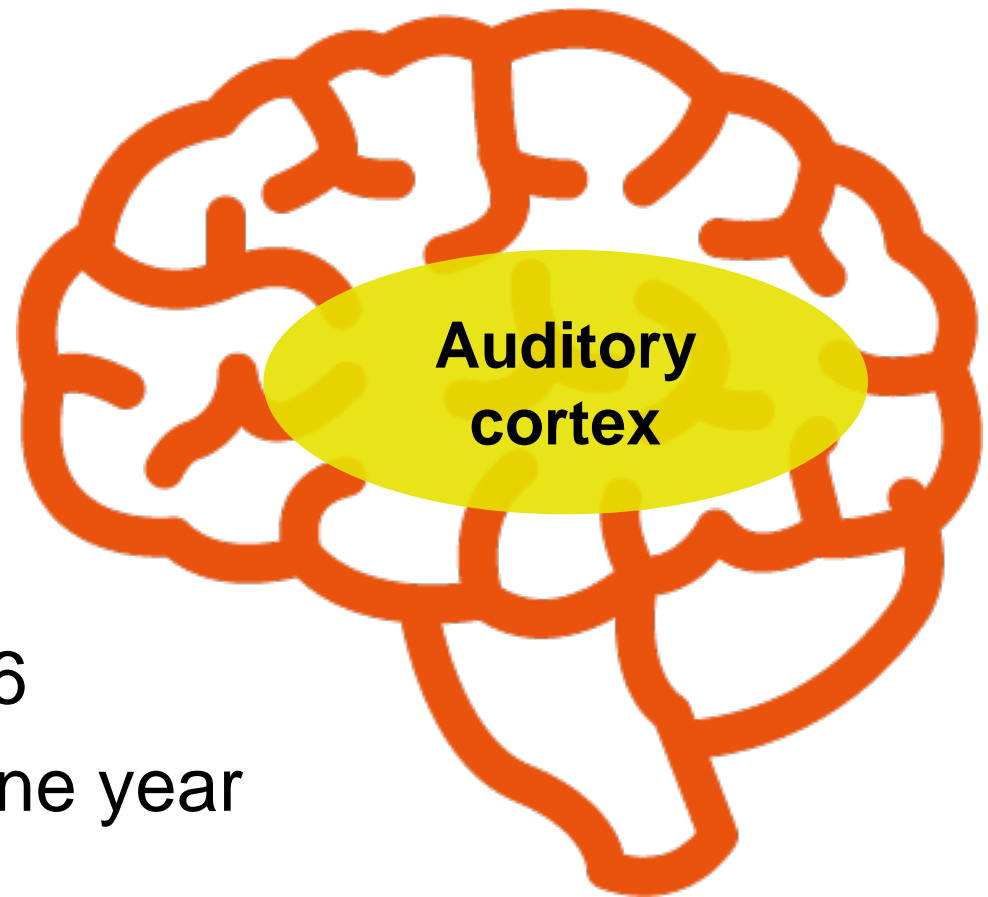


The brain and effort



Source: [Allen Lee, Huang, Feng, Sanes, Brown, So, and Nedivi](#)

The brain and effort



- Children aged 4 to 6
- Music lessons for one year

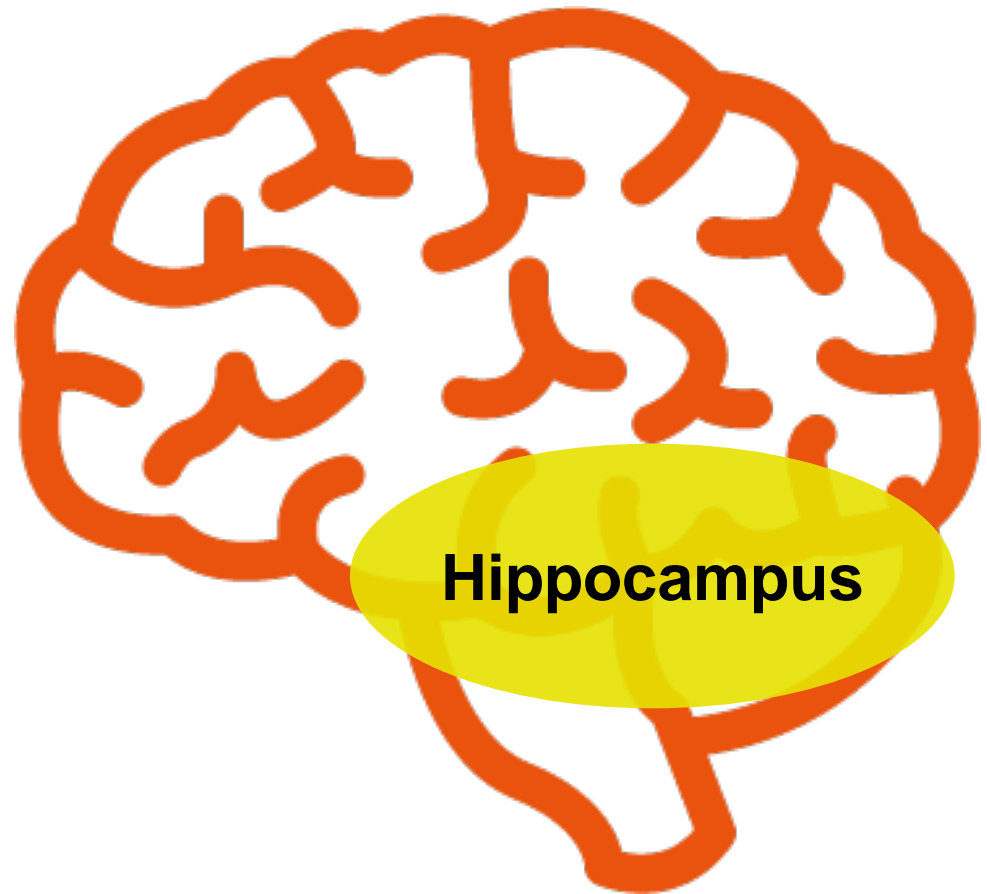
Source: *Fujioka, 2006*

The brain and effort

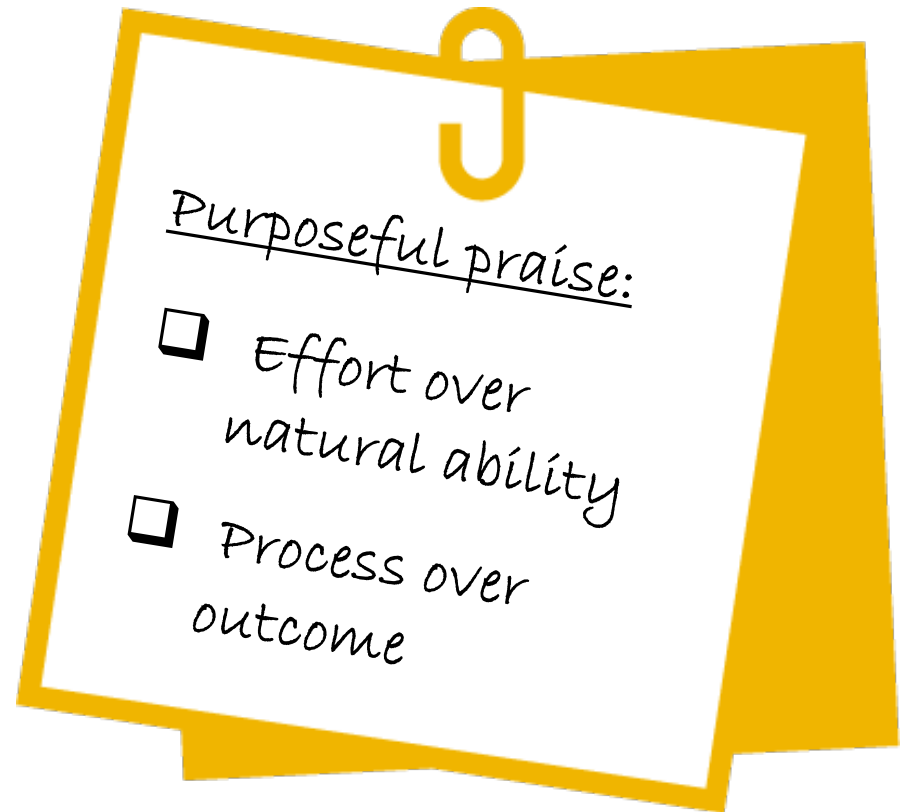


- 320 routes
- 25,000 streets
- 20,000 landmarks

Source: Maguire et al., 2000



Praise



The Pygmalion effect



Image source: [Ernest Normand](#)

The flea experiment



[Click here to play video 1.5](https://cpd.thekeysupport.com/node/290/289)

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