



THE IMPACT OF MINDSET ON STUDENT ACHIEVEMENT



FIXED MINDSET (FM) VS. GROWTH MINDSET (GM)

Have you ever wondered why some children shy away from challenges and give up at the first effort? Maybe your child has given up activities, sports or school work in the past when they didn't immediately excel. Maybe bad experiences have convinced your child that "he's just not good at it." Knowing about fixed mindsets and growth mindsets can help you to transform the destructive patterns that are crippling your child's progress.

What is a growth mindset?

In 1988, Dr Dweck (a psychologist at Stanford University) became interested in researching mindsets by showing that individuals who believe that their abilities are variable (i.e. Students with GM seek higher quality feedback, persevere longer, cope better with change and develop better self-regulation. GM reduces stress in students, promotes well-being and emotional functioning, improves self-esteem, learning orientation, reduces powerlessness and is associated with courage and prosocial behaviour. Research supports the idea that the mindset of educators can influence how they respond to students, which in turn can influence student learning outcomes.

<https://www.step-institute.org/sl/growthminds-2/>

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FIXED MINDSET (FM) VS. GROWTH MINDSET (GM)

Through decades of research, Dr Carol Dweck has found that people's beliefs about their intelligence vary. Some people believe that their intelligence and abilities are immutable. In other words, you have a certain amount of intelligence and you can't do much to change it. This is called a "fixed mindset (FM)". Think of the phrase: "I'm not a maths person". This statement reflects a fixed mindset about mathematics, as it attributes mathematical ability to an immutable trait.

Others have different ideas about their intelligence and abilities. Some believe that it is possible to increase one's intelligence through effort. Think of the sentence: "Maths was really confusing for me at first, but I studied hard all year and now I understand it much better." This is a growth mindset because it shows a willingness to put in the effort to reach a goal.

<https://www.mindsetworks.com/parents/understanding-mindset>



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GROWTH MINDSET (GM) FOR CHILD'S SUCCESS

"If parents want to give their children the joy of learning, the best thing they can do is to get their children excited about challenges, teach them to deal with failure and introduce them to effort as an integral part of learning."- Carol S. Dweck



WHAT WE COMMUNICATE TO THE CHILD THROUGH PRAISE AND CRITICISM:



"I can see you've tried very hard!"

You are helping your child to understand that you appreciate his effort.

"That's not right. You don't understand that yet. What else can you try to learn? "

It is important to be honest about what your child knows and doesn't know, but also make it clear that you believe in their ability to improve.

"That was really hard. Your efforts are worth it! Next time you'll be ready for the challenge!"

Remind your child how he or she was able to overcome challenges by putting in a lot of effort.



"You're so clever!"

We give the child the message that intelligence is something immutable and definitive.

"That's not right. Are you paying enough attention in class? It seems like you're not even trying."

The stress response of withdrawing from failure may be preventing your child from giving his best in the classroom.

"That was really hard. I'm so glad it's over and you don't have to do it again."

There will be more and more challenges ahead and children should feel that they have the skills for what comes next.

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