



GROWTH MINDSET



Pupils from Ysgol Dyffryn Conwy are developing their **Growth Mindset**. We tend to shy away from challenges when we feel something isn't a personal strength and therefore we cannot succeed in it. For example,

"I can't draw a picture" or "I can't do Maths.."

Thinking like this is an example of a **Fixed Mindset**. by thinking like this we stop ourselves developing and learning. We need to change our **Fixed Mindset** to become a **Growth Mindset**. For example:

"It's going to take time for me to draw a picture."

or

"I need to learn from my mistakes in Maths."

With a Growth Mindset we work on overcoming obstacles rather than thinking with a **Fixed Mindset** and giving up at the first hurdle.

Growth Mindset traits are to persevere and believe ourselves, and with time we will succeed in reaching our goals.

**EVERY
MISTAKE
YOU MAKE
IS PROGRESS**

**TO SUCCEED YOU MUST HAVE A GO!
WE MUST MAKE MISTAKES TO LEARN FROM THEM!**

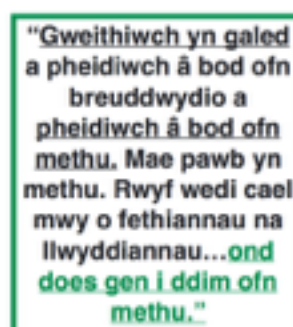
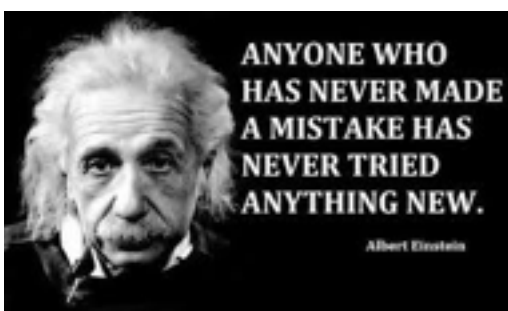
Why is this important?

With approaching GCSE exams becoming even more challenging and with more competition in the workplace, we must ensure that young people of today have the skills to reach their full potential through perseverance and effort. Changing their mindset to a **Growth Mindset** will help them with this.

How can I help?

Support your child to develop a growth mindset by:

- 1) Encourage them to try their best - even if they don't succeed every time.
- 2) Don't worry about making a mistake - we need to make mistakes to learn from them.
- 3) Don't give up. Learning takes time and patience.
- 4) Believe that they can succeed in anything if they persevere.



What Kind of Mindset Do You Have?



I can learn anything I want to.
 When I'm frustrated, I persevere.
 I want to challenge myself.
 When I fail, I learn.
 Tell me I try hard.
 If you succeed, I'm inspired.
 My effort and attitude determine everything.



I'm either good at it, or I'm not.
 When I'm frustrated, I give up.
 I don't like to be challenged.
 When I fail, I'm no good.
 Tell me I'm smart.
 If you succeed, I feel threatened.
 My abilities determine everything.

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DEVELOPING A GROWTH MINDSET

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

We must challenge ourselves

