

# 10 Ways to Create a Growth Mindset in Your Learners



## 01. Make Challenges More Attainable

Breaking learning goals into small, clear and concise steps makes it easier for students to succeed and progress. Through many small achievements, students grow in confidence and so will become more inclined to tackle increasingly complex tasks.



## 02. Create Opportunities to Face and Overcome Obstacles

To develop a growth mindset, students must get comfortable dealing with challenges. In other words, they need to learn they can deal with hard things if they follow the right steps.



## 03. Teach and Model Good Attitudes

Read quality growth mindset books to students, like 'Flight School' by Lita Judge – the story of a determined little penguin who achieves his dream of flying despite many obstacles. Also, help students model good attitudes by verbalising your thought process as you solve problems. Encourage students to do the same, especially when tackling something that requires a growth mindset.



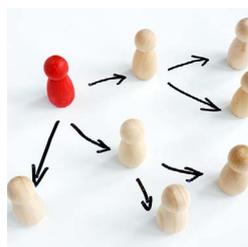
## 04. Teach How to Accept Constructive Criticism

It is important children learn early to accept constructive criticism. However, teaching this to children who can be highly sensitive is not easy. So, make sure constructive criticism is offered tactfully, with grace, kindness, and an emphasis on the exact steps needed to reach a goal. Hold mini-lessons on constructive criticism, why it is given, and how it should be heard and received.



## 05. View Failure as Learning

Children take cues from what you say and do, which shapes their growth mindset. So, when possible, discuss failure in positive terms. Rather than saying "you failed", say "you didn't take all of the necessary steps". Encourage students to review their actions then put what they learn from the experience of not meeting expectations into practice.



## 06. Provide Group Learning Opportunities

When children co-operate they learn how their efforts and participation results in group success. The sense of responsibility they get from shared performance will spur them on. As they complete tasks successfully, this will build their confidence, which in turn will spread to other activities.



## 07. Celebrate Successes and Minimise Failures

Reward children for their positive outlook when possible, and ideally when demonstrating a growth mindset. Listen to them attentively and offer praise when you hear comments or see behaviours that indicate hard work, determination, the following of steps, or speaking affirmatively to themselves or peers. When mistakes occur, don't just automatically give a lower grade, show students ways they can learn from the experience. Re-teach or provide chances for them to re-do or edit their work after constructive criticism has been given.



## 08. Provide Opportunities to Celebrate the Success of Others

Encourage students to share in the joy of others' achievements. Offer praise and reward for things other than intelligence or grades. When providing feedback or public praise, avoid commenting on smartness, instead emphasise effort, or following the right steps.



## 09.

### Teach Perseverance

Students need to understand quickly that learning new things isn't easy but requires perseverance. Teach this through class discussions, sharing examples and praising effort. Encourage students not to give up when things get hard. Use 'YET', a powerful word that helps students understand that just because "you can't do something YET, doesn't mean you won't ever be able to." Encourage students to use 'YET' themselves when they get stuck or feel frustrated.

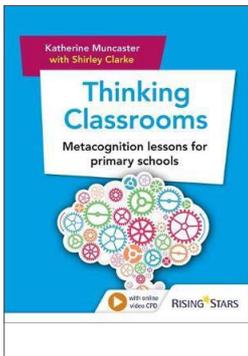


## 10.

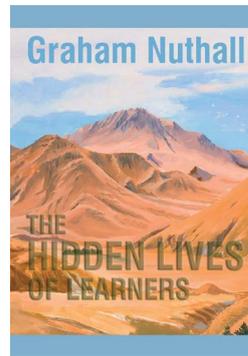
### Instil a Growth Mindset Across the Curriculum.

Growth-minded schools and classrooms encourage students to be 'detectives' who solve learning mysteries. That means, they provide students with ways to find solutions and create opportunities for them to see the progress they have made. Does the homework you set or extra-curricular activities do this?

## Recommended Reading List



Thinking Classroom – Metacognition lessons for primary schools, by **Katherine Muncaster**.



The Hidden Lives of Learners, by **Graham Nuthall**.

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