

# Teaching Growth Mindset

**Fixed Mindset:** Feelings of powerlessness and learned helplessness.



## Teachers with a Fixed Mindset:

- Determine student ability and teach accordingly.
- Make quick judgements on ability with little evidence.
- Stress normative evaluation over growth.
- Are less likely to plan concrete strategies for student improvement.
- May comfort a student for their lack of ability.
- Tend not to provide enough time for practice and improvement.

**Growth Mindset:** Feelings of empowerment to positively influence students.

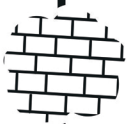


## Teachers With a Growth Mindset:

- Focus on providing feedback, which describes student progress and is aimed at correcting errors.
- Withhold judgements and waits for improvements.
- Focus on ensuring the task outcome can be improved by practice and hard work.
- Communicate the importance of making constant progress in their student's learning.

### Identify Own Fixed Mindset Thinking

Metacognitive awareness of negative and self-defeating statements and avoid these.



### Acknowledge One's Own Choice

Be aware of choosing to avoid fixed mindset statements and to choose growth mindset action.



### Model and Directly Teach Growth Mindsets

Believe that ALL students are capable of growing and progressing through personal effort.



### A Growth Mindset Learning Environment

Learners are given opportunities to choose, set goals, struggle and fail.



### Use Performance-Based Feedback Systems

Assessing effort and progress through the educator peers and self.



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