

Embedding the Growth Mindset at Frieth CEC School



WARNING

Audience participation is
required!



Activity: You can either work as a whole table or split yourselves into two teams

- How do you feel?

Take the envelope, open it and complete the activity. But....

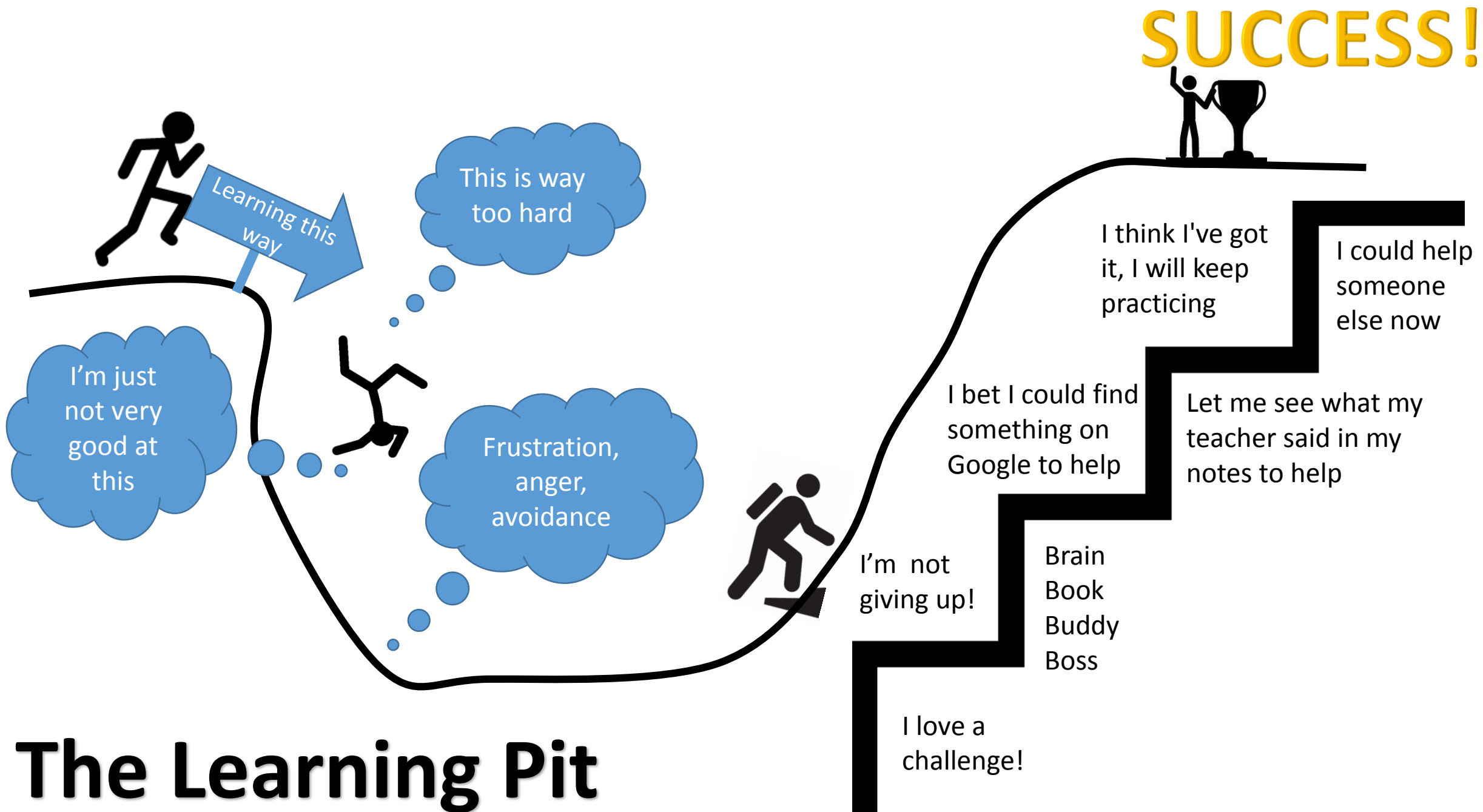
- You only have 5 minutes to complete it
- The person whose age is closest to 40 scribes
- You all have to have a go, don't sit back and let the others do the work
- No work avoidance loo breaks or alcohol refills!
- Can you be the first to finish? And once completed, raise the challenge – come and see me for something new.
- **Hang on – how do you feel now?**

How did that activity make you feel?

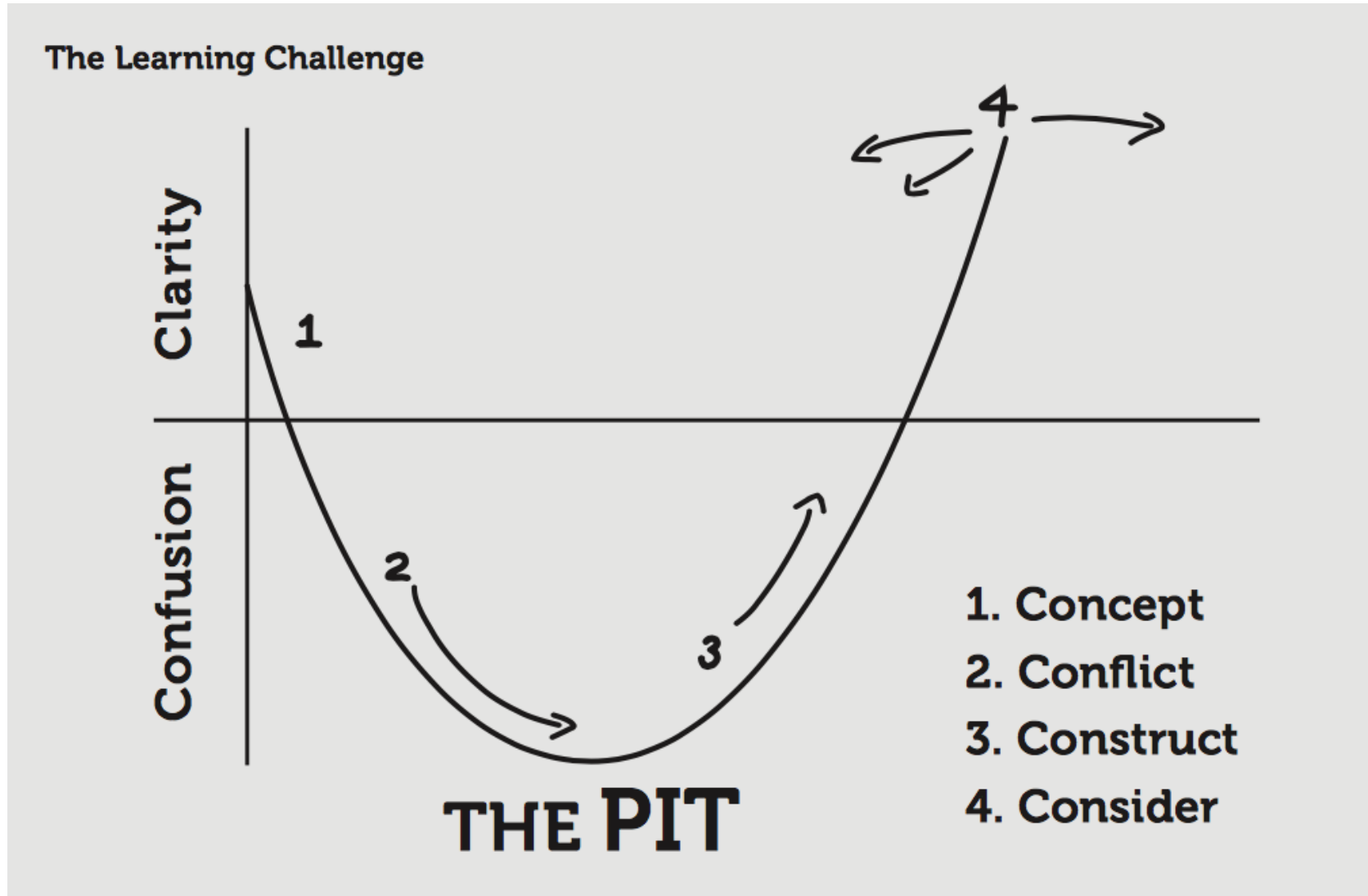
- Which emotions did you feel during it?
- Did those emotions change as you moved through the activity?
- Were you successful?
- How do you feel now it is over?
- Imagine being a child given a similar task.

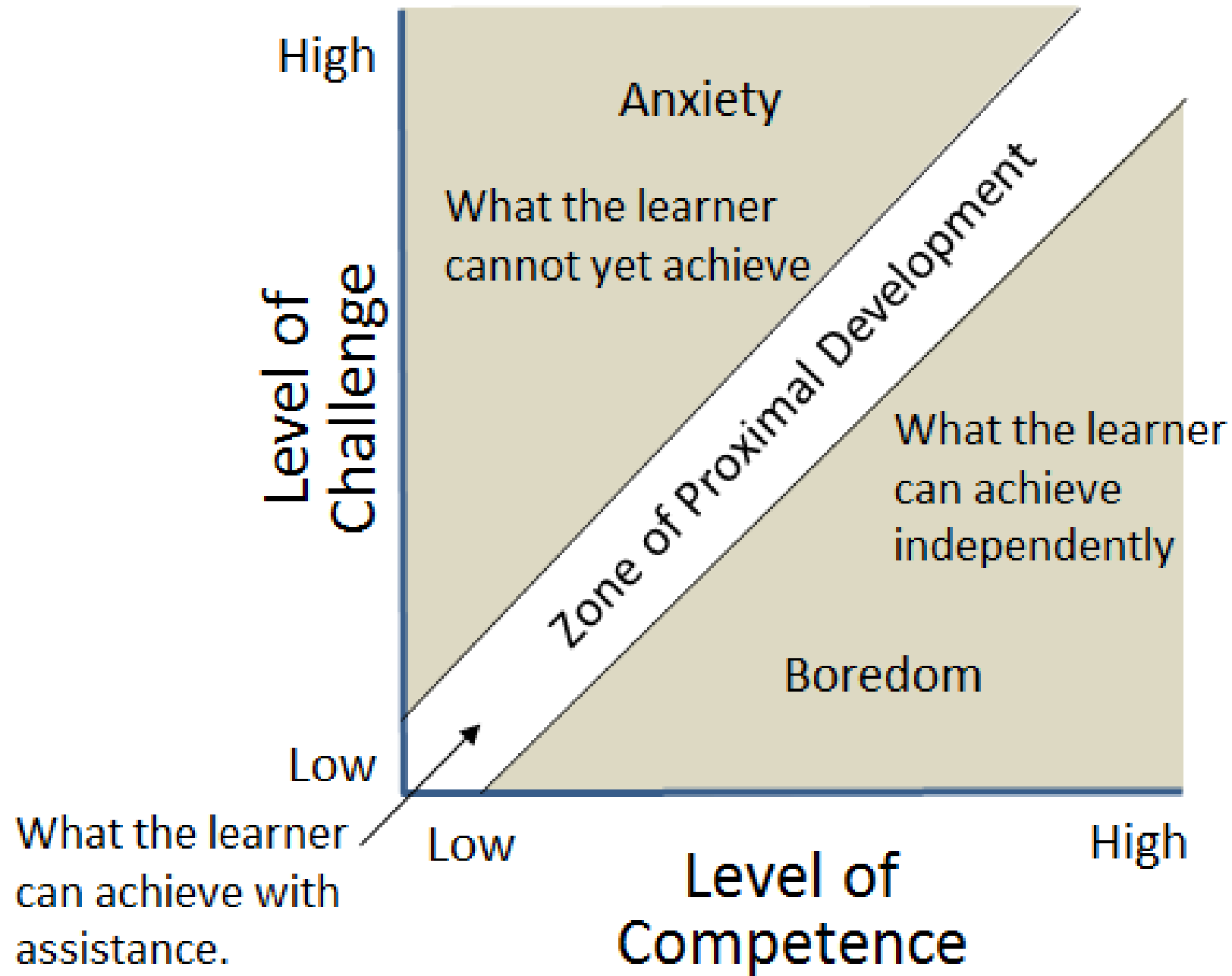
This evening you all entered....

- The Learning Pit



Task setting to allow for growth mind-set.





FM learners tend to:

- ✗ Avoid challenges
- ✗ Give up easily
- ✗ See making an effort as being pointless
- ✗ Ignore all feedback that is not positive
- ✗ Feel threatened by the success of others

GM learners tend to:

- ★ Embrace challenges
- ★ Persist in the face of setbacks
- ★ See effort as the path to mastery
- ★ Learn from criticism
- ★ Be inspired by the success of others

Let's all encourage the language of the Growth Mindset learner

Fixed Mind-set	Growth Mind-set
I'm not good at this	What am I missing?
My work is good enough	Is this really my best work?
This is too hard	This may take time and effort
I'm not as good as him /her	I'm going to ask them for help
Compared to the rest of the group / year I'm rubbish	I'm going to try and improve my previous score.

**THE POWER OF
YET**

The Learning Pit – have a look a little further

- <http://www.challenginglearning.com/learning-pit/>

This was a whistle stop insight into the Learning Pit but there is a great video on-line that explains it further. See handout for the link