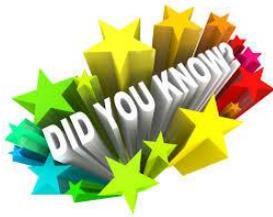


## Discoveries with the Deputy Principals



"When educators create growth mindset classrooms...equality happens.

Too often nowadays, praise is given to students who are putting forth effort, but not learning, in order to make them feel good in the moment...the **growth-mindset** approach helps children feel good in the short and long terms, by helping them thrive on challenges and setbacks on their way to learning."

Carol Dweck (growth mindset guru) published her book, "Mindset: The New Psychology of Success", which introduced the concept of a growth mindset. What she found in her research was that changing the way students perceive their own abilities and potential could drastically alter their performance. Rather than praising students based on their talent or intelligence, she says, they should be praised on the process of learning - the effort they put in and the strategies they use, as well as their focus, perseverance, and improvement.

This means that students need to understand, and believe, that their abilities are not fixed. Just because they can't solve a certain maths problem, or achieve a specific goal, right now doesn't mean they won't be able to after working on it. Too often, Dweck says, students live in the 'now' rather than the 'yet' - they focus on their limitations rather than their potential.



*Worth looking at this short You Tube clip on The Power of 'Yet'*

Power of Yet by Carol Dweck - YouTube

[https://www.youtube.com/watch?v=D4TW1Nvx3\\_g](https://www.youtube.com/watch?v=D4TW1Nvx3_g)

Carol Dweck's wrote:

"Perhaps the most common misconception is simply equating the growth mindset with effort. Certainly, effort is key for students' achievement, but it's not the only thing. Students need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches - not just sheer effort - to learn and improve."

"We also need to remember that effort is a means to an end goal of learning and improving. Too often nowadays, praise is given to students who are putting forth effort, but *not learning*, in order to make them feel good in the moment...the growth-mindset approach helps children feel good in the short *and* long terms, by helping them thrive on challenges and setbacks on their way to learning."

*Andrea Peetz and Carol Pilcher*