



Carol Dweck is one of the world's leading researchers in the field of motivation. She focuses on why people succeed and how to foster this success in schools.

In her research on motivation and achievement, Dweck introduces the idea of Mindset. Mindsets are beliefs about yourself and your basic qualities such as your intelligence, your talents and your personality.

People with a fixed mindset believe that their traits are just given to them so people with this mindset worry about how adequate or inadequate they are instead of developing their traits. They believe that their talent alone creates success- without effort and they are reluctant to take on challenges.

People with a Growth Mindset, on the other hand see their traits as just the starting point and that these can be developed by dedication, hard work and effort. This view creates resilience and a love of learning.

When we encourage a Growth Mindset in children then they become enthusiastic learners. A Growth Mindset means that their intelligence can be developed which has a positive effect on their motivation and subsequently their achievement. Dweck's research shows that we produce confident learners when we praise students for the process they engage in and not for being bright, clever or talented.

We launched the idea of 'Growth Mindset' in our school way back in September 2014 and are confident in the benefits for our children. For more information, please click on one of the links below.

<http://news.tes.co.uk/b/tes-professional/2014/07/17/carol-dweck-39-telling-kids-to-try-harder-isn-39-t-enough-to-promote-a-growth-mindset-39.aspx>

<http://classteaching.wordpress.com/2014/07/13/thinking-about-mindset/>

<http://classteaching.wordpress.com/2014/07/08/a-grand-day-out-with-dweck-syed-hymer-brinton-jones-elder/>

<http://classteaching.wordpress.com/2014/07/05/celebrating-excellence/>