

St. Thomas More RC Primary School – Wellbeing & Pastoral Care:

Growth Mindset

"In a fixed mindset, students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount, and that's that, and then their goal becomes to look smart all the time and never look dumb. In a growth mindset, students understand that their talents and abilities can be developed through effort, good teaching, and persistence. They don't necessarily think everyone's the same, or anyone can be Einstein, but they believe everyone can get smarter if they work at it."

When children and teachers have a growth mindset, they focus on improvement instead of worrying about how smart they are. They work hard to learn more and 'make their brain stronger'. Growth mindset in school not only helps pupils achieve good results but also improves their general wellbeing. Helping children and young people understand how we learn and how the brain works, significantly increase learning and perseverance in learning.

Confidence and resilience helps young people believe in themselves...