



GROWTH MINDSET Pocketbook

Create motivated learners
who embrace challenge, learn
from setbacks and know that
they can 'grow' their intelligence

Barry Hymer & Mike Gershon

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GROWTH MINDSET

Pocketbook

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Going Seriously 'Meta'

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Mind Your Language

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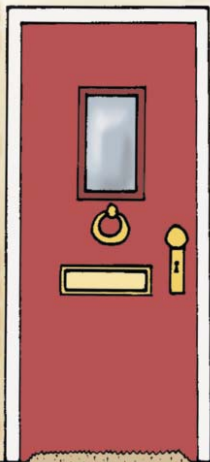
Foreword from Carol Dweck

"I am delighted to recommend this important book. The authors explain my research on students' motivation and mindset elegantly and succinctly, and show how it can be applied in everyday learning and teaching. With research evidence, classroom examples, and case histories, they show how developing a growth mindset in students can be transformational.

The *Growth Mindset Pocketbook* has the potential to have a lasting impact on the lives of teachers and learners alike."

Carol S. Dweck, Author of *Mindset: How We Can Fulfil Our Potential*,
Lewis & Virginia Eaton Professor of Psychology,
Stanford University


Welcome



Thank you for buying this book. Whilst there is no one golden bullet in education (not even synthetic phonics), there is an approach that:

- Is underpinned by forty years of internationally-recognised research
- Is fundamentally relevant to your daily practice, and in all phases of education
- Transfers benefits across subject domains, and between home and school
- Supports learners to take control of their own learning
- Raises your own and your pupils' aspirations

Welcome

- 
- Gets pupils embracing tough challenges
 - Nurtures intrinsic motivation, as well as the skills of collaboration
 - Promotes steady progress and high levels of scholastic achievement
 - Underpins high levels of achievement beyond the school years, into work or higher education
 - Is free to implement

Does this seem too good to be true? This book sets out to show how these benefits might begin to be seen in your classroom, this year. Please put it to the test.

Barry & Mike



The Nature of Mindset



Trial and Error



Targeted Effort



Feedback Trumps Praise and Prizes



Going Seriously 'Meta'



Mind Your Language



Growing a Group Growth Mindset



The Nature of Mindset

What are mindsets?



What makes you *you*? Your mind? Your genes? Your experiences? Your irresistible personality or your stunning good looks? OK, you'll need more than a dip into a Pocketbook to crack that one, so let's try a variant: whatever makes you you, can you affect it? Your answer gives us a glimpse into your **mindset**. A mindset is simply a belief – a belief about yourself and your most fundamental qualities like ability, faith (or lack of it), personality, political views, talents, etc.

People with **fixed mindsets** believe that fundamental qualities like intelligence are essentially stable: they don't change much over time. People with **growth mindsets** believe that these qualities are, well, growable: they are susceptible to change and can flourish in certain circumstances and wither in others.

Two further questions:

- Does it really matter what mindset you have?
- Are mindsets changeable?

That's the whole point of this book. In brief, yes and yes. Mindsets really, really matter.

Beliefs vs ability



How many of these terms and expressions have you heard, or used?:

God-given talent

Innate gifts

Effortless success

Tone deaf

Like father, like son

Genetically gifted

Certain to do well

Natural athlete

Perfect pitch

Genius will out

They all seem to locate performance within the Victorian notion of genetic inheritance and pre-existent ability. Despite their continued prevalence, this century has seen an explosion of evidence that there are many better predictors of performance success than such fuzzy *capacity* concepts as intelligence, ability, talent, etc. **Persistence**, for instance – sheer grit.

What seems to matter is not your ability, but your beliefs about your ability. Do you believe it's something you can develop, or does it define your past, present and future?

What ability *per se* has contributed to humanity



Earlier, we named intelligence as an example of one of your *fundamental qualities*. The curious thing is, it's a whole lot *less* fundamental than the Western world seems to believe. We could summarise the contribution of ability alone to the march of civilisation as:

**Zilch.
Nuffink.
Diddly
squat.**