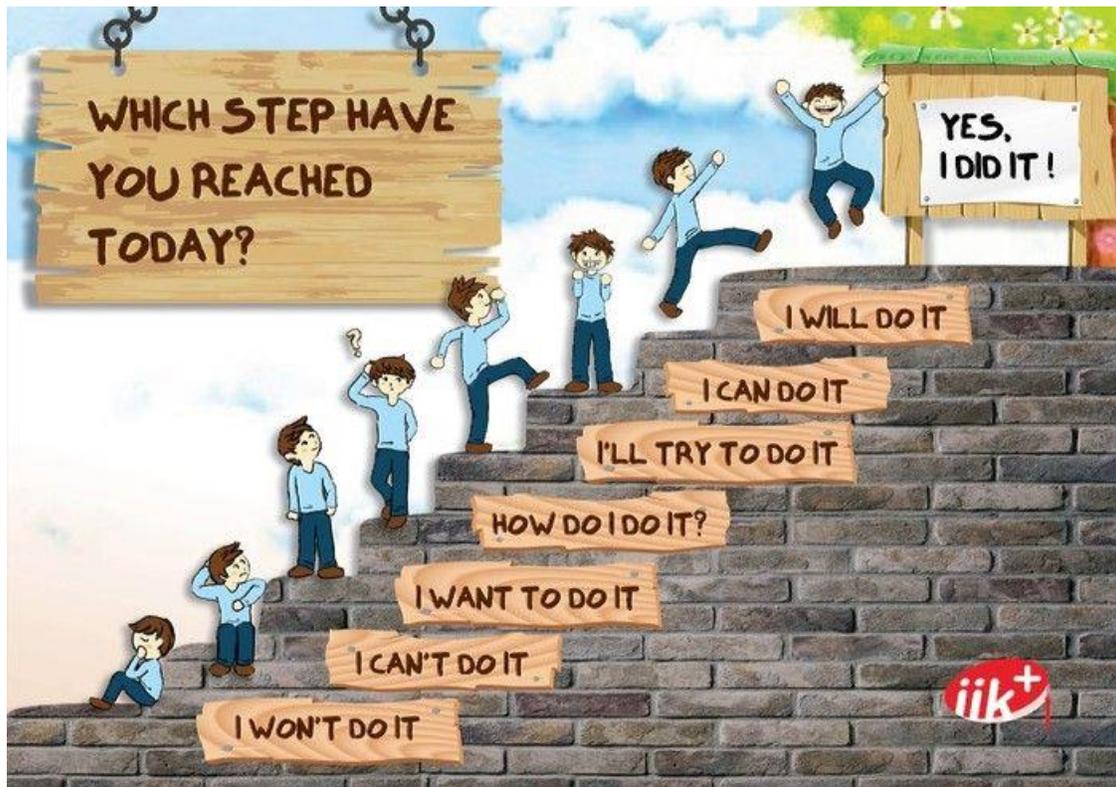


GROWING RESILIENT LEARNERS



Growth Mindset for Parents

Questions to parents

1. What sort of learners do you want your children to be?
2. How does your child feel about learning now?
3. Can they tell you what they like learning and what they are good or not good at?
4. Does your child have a Growth Mindset or a Fixed Mindset?

Students learn best when they have a Growth Mindset rather than a Fixed Mindset.

What is the difference?



At Araluen, we want learners who will try anything, take risks with their learning, not be afraid of mistakes and are inspired to take on learning challenges.

Growth Mindsets per year level (data collected from students across Australia)

Year level	Fixed Mindset	Growth Mindset
Prep	-	100%
1	10%	90%
2	18%	82%
3	42%	58%

At Araluen, we teach students how to have a Growth Mindset. We plan to change this data around! We want our students to keep a Growth Mindset to be resilient learners.

Click on this link to find out more about Growth Mindset:

<https://www.mindsetkit.org/growth-mindset-parents>

Building learning resilience in your children – it's all in the language you use!

- **Use Growth Mindset praise. Praise their:**
 - Willingness to try
 - Effort and patience
 - Practice
 - DO NOT attribute their success to “being smart” or “being the best”, INSTEAD, focus on hard work and perseverance
- **Model flexibility**
 - Communicate that change is part of life
 - Model a flexible attitude when things don't go your way
 - Avoid showing frustration or blame
- **Adopt a “half glass full” approach in the home**
 - Model a positive attitude when faced with hardship – verbally and non-verbally
 - Try using an example, like a glass half full!
- **Help children find their own strengths (what makes them unique)**
 - Find lots of different things to work out how your child will thrive
 - Then provide them with the opportunity to pursue their interests

Do's and Don'ts of Praise

Below are some statements you might use when speaking to your child. Choose 'yes' for the ones that convey a growth mindset.

<u>Statement</u>	Yes	No
<p>1. "It looks like that was too easy. Let's give you something a bit more challenging."</p> <p>Yes is Correct! This indicates that learning and being challenged is more important than getting the right answer quickly.</p>	<input checked="" type="radio"/>	<input type="radio"/>
<p>2. "That isn't the right answer. You don't understand it yet."</p> <p>Yes is Correct! "Yet" indicates your child will succeed if they keep working.</p>	<input checked="" type="radio"/>	<input type="radio"/>
<p>3. "You are so smart."</p> <p>No is Correct! This sends the message that innate "smartness" is what leads to success, rather than effort and growth.</p>	<input type="radio"/>	<input checked="" type="radio"/>
<p>4. "I know it was hard, but look how your effort paid off."</p> <p>Yes is Correct! This specifies that your child's efforts led to success.</p>	<input checked="" type="radio"/>	<input type="radio"/>
<p>5. "You're really talented at maths – this is a subject you will never have to worry about."</p> <p>No is Correct! This emphasizes the importance of talent rather than learning and growth.</p>	<input type="radio"/>	<input checked="" type="radio"/>
<p>6. "She'll get it. She's working on it and making progress."</p> <p>Yes is Correct! This acknowledges that the child is able to succeed, and just needs more time to do so.</p>	<input checked="" type="radio"/>	<input type="radio"/>
<p>7. "You did so well! Keep working hard and you will do great again next year."</p> <p>Yes is Correct! This says that continued effort will lead to continued success.</p>	<input checked="" type="radio"/>	<input type="radio"/>

Growth Mindset comments for parents to use with children

<i>Useful phrases to describe a learner</i>	
'Shows resilience when faced with problems'	'Accepts feedback'
'Overcomes or takes on challenges'	'Shows a willingness to take risks with...'
'Learns from mistakes'	'Makes an effective contribution to...'
'Focuses on the problems to be tackled'	'Is highly committed to improving own learning'
'Accepts/acts upon constructive criticism'	'Tries all kinds of different strategies to solve problems'
'Finds solutions to solving problems'	'Is keen to respond to tasks'
'Understands that effort is the key to success'	'Readily engages with the challenges of ...'
'Shows persistence'	'Demonstrates a desire to learn and embrace new challenges'
'Admits and corrects mistakes'	'Keeps going when things get difficult'
'Is capable of tackling challenging tasks'	'challenges themselves to continue to improve'
<i>Words and phrases to avoid</i>	
'Finds tasks easy'	'Intelligent'
'Talented'	'Things come naturally'
'...learned that so quickly!'	'Smart'
'Achieves levels quickly'	'Clever'
'Natural talent'	'You're a natural!'
'Gifted'	'Is very clever'
'Natural ability'	'a brilliant student'
<i>Linking comments to intelligence is not productive.</i>	
DIRECT REPLACEMENTS	
<i>Instead of...</i>	<i>...try:</i>
"You are talented"	"You have a keen interest in this subject"
"You learn quickly"	"You find solutions to solving problems and like to complete tasks"
"You find learning easy"	"You put in the effort so that you can learn"
"You did really well"	"You made excellent progress because of the hard work that you put in"
"You have a natural gift"	"You put considerable effort into demonstrating what you know about the subject whilst being eager to discover more"
"You are brilliant"	"You have demonstrated real skill in how you apply your learning"
Remember: Give praise for taking initiative, seeing a difficult task through, for struggling and learning something new, for being resilient, or for being open to and acting on feedback.	
Key words: Effort, perseverance, resilience, tenacity, independent, enquiring, hardworking, conscientious.	

Talking the talk with your children

Try using these “What” questions when talking about school with your children.

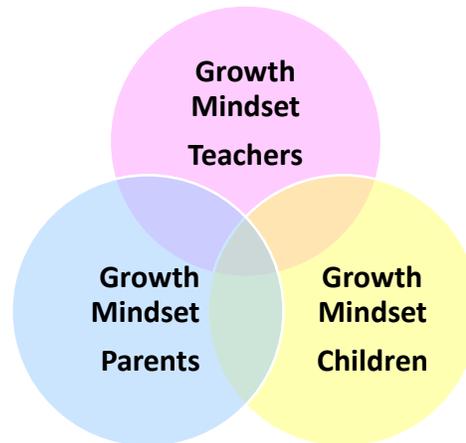
10 What Questions

to Develop a Growth Mindset in Children



1. What did you do today that made you think hard?
2. What happened today that made you keep on going?
3. What can you learn from this?
4. What mistake did you make that taught you something?
5. What did you try hard at today?
6. What strategy are you going to try now?
7. What will you do to challenge yourself today?
8. What will you do to improve your work?
9. What will you do to improve your talent?
10. What will you do to solve this problem?

Developing partnerships to build a Growth Mindset culture



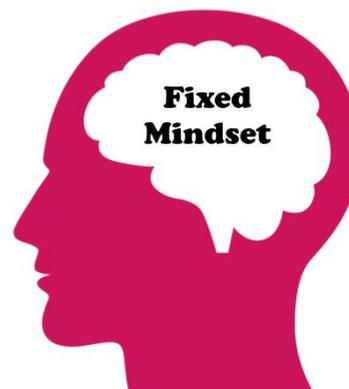
Talking with your child's teachers

1. **Always start with a positive.** Tell the teacher something your child loves about their class. “She loves the way you read aloud with such expression – this has made her even more interested in learning to read”.
2. **Share what brings out the best at home.** Include a connection between persistence, resilience and effort. E.g. “He really responds well when I praise his persistence”.
3. **Share what does NOT work.** E.g. “I notice that when I only comment on the end product and forget to notice all the effort she has put in along the way, she does not welcome my suggestions as much”.
4. **Establish the partnership.** Make the teacher part of the plan to bring out the best in your child. “can we come up with some common phrases to use with him so that he will hear a consistent message where he will want to work to the best of his ability”.

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.