

# Growth Mindset is an important aspect of learning at Highweek.

## What is growth mindset?

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success — without effort. They're wrong. In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work — brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had these qualities.

## 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.

We use the image of The Learning Pit to support our reflections and discussions about learning. This image helps us to talk about our developing knowledge, skills and understanding in any subject, as well as making the strategies we are using explicit. A big part of learning is connected to our feelings and this image supports us to discuss our attitudes to learning, and how these change according to the degree of challenge we feel. We use the Zones of Regulation to support this discussion.

# The Learning Pit

by James Nottingham

If you don't go in the learning pit, you will only walk out of the lesson with the same knowledge that you walked in with. That's boring- Tommy

get ready for the learning



**danger zone**

If you copy, the teacher might give you 2 ticks even though you didn't do the learning.



super heroes adventure!

fall in the learning pit

recap

more interesting

**FAIL**  
**[F] FIRST**  
**[A] ATTEMPT**  
**[I] IN**  
**[L] LEARNING**

Many Ideas

What do I know that can help me?



What ideas do you have?

We are at school to collaborate! Islay

Linking Ideas

Collaboration

Feedback



wobbling



Extending Ideas



making stairs out of the pit out of their ideas

grappling

I'm so excited



Connection-making in Pit





## 'Energy that drives our actions'

At Highweek Primary School we believe that ability is grown.

You can always make progress by using the 5P's of progress and motivation!

### Perseverance

**Perseverance makes progress!** It is very difficult to have the motivation to continue something that feels very hard... Having perseverance is key to be able to keep going in those moments when giving up seems easier.

### Practice

**Practice makes progress!** The more times you do something, the easier it will become because your brain learns how to tackle the task by creating stronger pathways. When you can see the progress deliberate practicing is making, you'll feel motivated to continue.



How can I make progress and achieve my goals?

### Preview

**Preview makes progress!** Having a look at a subject before you tackle it in class is such a powerful thing to do. If your brain has seen information before, it will be able to make those pathways more easily and you'll feel confident because you have some knowledge already!

### Puzzling

**Puzzling makes progress!** There is no special secret to being good at something! Successful people just enjoy the not knowing the answers and are motivated to work it out!

### Patience

**Patience makes progress!** Being patient with yourself when you don't get things right first time and having patience to wait for the results of all your hard work are both very difficult, but if you can master them, you will feel happy in your learning journey.