

**http://www2.port.ac.uk/department-of-psychology/community-collaboration/growing-learners/**

**WHO ARE WE?**

We are a group of education research psychologists, who are passionate about supporting schools and parents to improve their children’s expectations and attainment using evidence based practice to support them to become resilient, confident and effective learners. Everything that we offer is underpinned by psychology and education theory, and applied research showing what works.

**WHAT ARE MINDSETS?**

A common belief is that people with high ability or self-belief in that ability are likely to embrace the challenges that they tackle in life with high levels of resilience, determination and success. However, it is not ability or belief in that ability that predict resilience and perseverance in the face of challenge and failure (see Dweck, 1999); rather it is the individual’s belief about the nature of ability (referred to as Self Theory of Intelligence, also known as Mindset).

A Fixed Mindset is the belief that ability is something that you can’t change very much, you are born with it. With this belief failure is harder to recover from. To recover from failure those with a Fixed Mindset compare themselves to others that are worse than themselves or devalue the ability/subject (“I’ll never need maths outside of school”) to repair their self-esteem. They also avoid these types of tasks in the future, including misbehaving in order to avoid trying and failing; what we refer to as a self-protection strategy. On the other hand if a learner has a Growth Mindset they believe that ability is developable and therefore they bounce back from failure, adopting functional coping strategies like trying again, trying harder or trying a different way in order to succeed. The great news is that Growth Mindsets can be developed.

Interventions related to Mindset have been rolled out widely in the USA.  In summary many years of research has shown that:

* children with a Growth Mindset do better at school
* those with a Fixed Mindset will adopt self-protection strategies including avoiding difficult tasks and misbehaving
* children can be taught a Growth Mindset
* the way in which we give feedback and praise influences Mindset
* these impacts on attainment occur as positive upward spirals via enhanced resilience to challenging tasks
* different Mindsets in childhood persist into adulthood and have an impact beyond educational attainment
* teaching a Growth Mindset raises pupils’ motivation and achievement
* Mindset interventions are particularly useful in subjects that a pupil finds hard, with groups that have been subject to lower expectations previously and in preparedness for educational transitions

Training workshop

This service includes our mindsets intervention materials and a day of training in mindsets for all your staff, which include:

* an introduction to mindsets
* lesson plans for the 6 week intervention for use with the children that you are working with
* a memory-stick containing ready to use/print materials (poster displays, learning materials) and a PowerPoint presentation for other stakeholders