

NEWSLETTER

What is a growth mindset and how can problem solving activities help develop it?'

A Fixed Mindset is:

- ✗ Believes intelligence fixed
- ✗ Avoids challenges
- ✗ Gives up Easily
- ✗ Resists Feedback
- ✗ Threatened success of others

Experiential
Learning
Activities

A Growth Mindset is:

- ✓ Believes intelligence can grow
- ✓ Accepts Challenges
- ✓ Motivated overcome Setbacks
- ✓ Accepts/considers feedback
- ✓ Inspired by others

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The experiential journey involves recognising and acting upon the consequences of ones actions and inactions. Understanding their own role in shaping what happens to them is vital for young people to develop the self-awareness needed for good behaviour and the ability to manage their emotions well.

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It is also vital for behavioural change because it develops a sense of self-efficacy; a belief that they *can* influence what happens to them. Because the experiential learning model teaches pupils that they can develop new skills and improve their skills with effort, it helps them to develop a 'growth mindset'.

Effort & persistence > Growth

My dad has always been really helpful. He taught me that talent is a bonus, but persistence is what wins out

David Steinberg

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This mindset empowers people to achieve goals because it believes that their behaviour and abilities are not fixed and that they can change them.

Integrating interactive problem solving activities into your lessons will give pupils an opportunity to:

- ✓ Achieve individually and as part of a team
- ✓ Accept and complete set challenges individually and collectively
- ✓ Develop the resilience to persist in the face of setbacks and obstacles
- ✓ Learn to seek, consider and accept feedback from peers
- ✓ Learn to give feedback that is kind and constructive
- ✓ Become motivated and inspired by their own and the class's achievements



For some problem solving activities that you can use with your pupils to help develop a growth mindset, see our free activity sheets by following this link <http://www.positiveimages-positivetheeffect.com/index.asp?pageid=571653>

Experiential learning adds value to your work in the classroom;

"Well deployed appropriate creative thinking and problem solving activities to tackle the root causes of low-level classroom disruption and help pupils to develop life-long learning skills; not least of these being a growth mindset."

Teacher Workbook (Paul Lee 2014)

