



Inclusion Services

MINDSET SHIFT— ENABLING OUR LEARNERS TO SHIFT FROM A FIXED TO A GROWTH MINDSET

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As a learner, teacher or parent, one of the most important things that you can instill in yourself or your children is a growth mindset. A growth mindset refers to the belief that one can develop abilities and intelligence through hard work, the right strategies and feedback from others. It is a powerful tool that can be used to overcome challenges, improve academic performance, and enhance personal and professional success. In this newsletter, we will explore the concept of a growth mindset and share ways you can cultivate it in yourself or your children as a learner, teacher or parent.

What is Growth Mindset?

A growth mindset is the belief that intelligence and abilities can be developed through effort and practice. People with a growth mindset believe that they can learn new things and improve their skills, regardless of their natural talent. This belief can lead to positive outcomes, such as increased motivation, perseverance, and achievement. A fixed mindset, on the other hand, is the belief that intelligence and abilities are fixed traits. People with a fixed mindset believe that they are either smart or not smart, and that there is not much they can do to change their intelligence.

WHAT'S IN THIS MONTH'S ISSUE:

- What is Growth Mindset?
- The benefits of Growth Mindset
- Fixed Mindset and the Dangers Therein for Learners, Teachers, and Parents
- The Role of Teachers in Developing a Growth Mindset
- The Role of Parents in Developing a Growth Mindset

The next issue will focus on success stories of Autistic learners around the world— in recognition of the Autism Awareness/ Acceptance Month

This belief can lead to negative outcomes, such as decreased motivation, avoidance of challenges, and lower achievement.

There are a number of things that can be done to help learners shift from a fixed mindset to a growth mindset. One is to provide them with opportunities to learn new things and challenge themselves. This can be done in the classroom, through extracurricular activities, or even just in everyday life. When learners are faced with challenges, it is important to encourage them to persevere and not give up. It is also important to praise their efforts, rather than their natural talent.

Another way to help learners shift to a growth mindset is to teach them about the brain and how it changes with learning. When learners understand that the brain is constantly changing and growing, they are more likely to believe that they can improve their intelligence and abilities.

Carol Dweck, a Stanford psychologist, has done extensive research on mindsets. She found that people with a fixed mindset are more likely to give up when they face challenges, while people with a growth mindset are more likely to persist and overcome challenges.

The dangers of a fixed mindset are particularly acute for learners, teachers, and parents. Learners with a fixed mindset are less likely to take risks, ask for help, or persist in the face of challenges. They are also more likely to attribute their failures to their lack of intelligence or talent, rather than to their lack of effort. This can lead to a cycle of underachievement and frustration.

Teachers with a fixed mindset are less likely to believe that all students can learn. They may also be less likely to provide students with challenging material or to offer them support when they struggle. This can lead to students feeling bored, unchallenged, and unmotivated.

Parents with a fixed mindset may put too much pressure on their children to succeed. They may also be quick to label their children as "smart" or "not smart," which can lead to children developing a fixed mindset about their own abilities. This can make it difficult for children to develop a love of learning and to reach their full potential.

The good news is that mindset is not fixed. People can learn to adopt a growth mindset, even if they have been raised with a fixed mindset.

The benefits of Growth Mindset

The advantages of a growth mindset are enormous, and they span across all aspects of life. Here are a few benefits of having a growth mindset:

1. Embracing Challenges - individuals with a growth mindset thrive on challenges and take them as opportunities to learn and grow. They see challenges as an avenue for developing new skills and enhancing existing ones.

2. Resilience - individuals with a growth mindset can persevere in the face of setbacks and failures. They view setbacks as feedback and use them as a motivation to keep going and develop a better approach.



3. Improved Academic Performance - studies have shown that learners with a growth mindset have higher academic achievements since they perceive mistakes as part of the learning process and devote more energy to understanding the content.

4. Better Relationships - individuals with a growth mindset have better relationships with others since they are open to learning from others, accept feedback and be willing to improve on themselves.

5. Enhanced Self-Awareness - people with a growth mindset have higher levels of self-awareness since they know their strengths and weaknesses and use them to develop themselves continually.

There are a number of things that learners, teachers, and parents can do to develop a growth mindset, including:

- Focus on effort and improvement. Instead of focusing on how smart you are, focus on how hard you are working and how much you are improving.
- Challenge yourself. Don't be afraid to take on difficult tasks. Challenge yourself to learn new things and to push yourself outside of your comfort zone.
- Learn from your mistakes. When you make a mistake, don't see it as a sign that you are not smart enough. See it as an opportunity to learn and grow.
- Celebrate your successes. When you achieve something, take the time to celebrate your success. This will help you to build confidence and to maintain a growth mindset.

A growth mindset is essential for success in school, work, and life. If you want to achieve your goals and reach your full potential, it is important to develop a growth mindset.



The Role of Teachers in Developing a Growth Mindset

Teachers can play a vital role in helping learners develop a growth mindset. Here are some tips for teachers:

- Praise effort and progress, not intelligence or talent. When you praise a student, focus on the effort they put in or the progress they've made, not their natural intelligence or talent.
- Challenge your learners. Don't be afraid to give your learners challenging tasks. This will help them develop a growth mindset and learn to persevere in the face of challenges.
- Create a growth-oriented classroom environment. Make sure your classroom is a place where learners feel comfortable taking risks and making mistakes. This will help them learn and grow.
- Provide learners with feedback. Feedback is essential for learning and growth. Make sure you provide your learners with regular feedback on their work.
- Celebrate learner successes. When your students achieve a goal, take the time to celebrate their success. This will help them build confidence and motivation.

The Role of Parents in Developing a Growth Mindset

Parents can also play a vital role in helping their children develop a growth mindset. Here are some tips for parents:

- Praise effort and progress, not intelligence or talent. When you praise your child, focus on the effort they put in or the progress they've made, not their natural intelligence or talent.
- Challenge your child. Don't be afraid to give your child challenging tasks. This will help them develop a growth mindset and learn to persevere in the face of challenges.
- Create a growth-oriented home environment. Make sure your home is a place where your child feels comfortable taking risks and making mistakes. This will help them learn and grow.

- Provide your child with feedback. Feedback is essential for learning and growth. Make sure you provide your child with regular feedback on their work.
- Celebrate your child's successes. When your child achieves a goal, take the time to celebrate their success. This will help them build confidence and motivation.

Cultivating a growth mindset is essential for academic and personal growth as a learner, teacher, and parent. By embracing challenges, welcoming feedback, and celebrating progress and efforts, you will be one step closer to achieving your goals. As a teacher, recognize the importance of providing a safe space where learners can share their thoughts and ideas openly. As a parent, encourage perseverance and exploration in your children while embracing challenges and setbacks positively. A growth mindset is a powerful weapon against challenges, failures, and setbacks, and it can help you unleash your inner potential.

Finally from me in this month's issue;

"The mind is a powerful thing. It can create or destroy, build up or tear down. It all depends on the mindset you choose to have."

- Ed Oyewo

