

Growth Mindset and the Expert Learner

What do Amadeus Mozart, David Beckham, Marie Curie and Bill Gates have in common? Answer: all excel in their diverse areas of music, sport, science and computing.

At Castilion, we challenge the belief that excellence is the result of innate ability. We believe that everybody can be an **Expert Learner** and that ability can be developed through applied learning and deliberate practice.

We highlight the importance of:

- Providing opportunities and support to develop skills
- Being motivated to succeed
- Undergoing extensive deliberate practice
- Building powerful mental models to handle and organise information
- Receiving continuous and effective feedback to improve performance
- Developing self-regulation to monitor performance

Learners learn best when they have a **Growth Mindset**. The term Growth Mindset refers to a way of thinking, learning and taking on challenges. A person with a Growth Mindset is open to constructive criticism, takes feedback and uses it, takes on new challenges, pushes themselves outside of their comfort zone and shows resilience and perseverance.

Studies show that it is people with a Growth Mindset (as opposed to a Fixed Mindset) who achieve in life, are successful in all they do and are happy. Of course, this is exactly what we want for all our children.



Some key aspects of Growth Mindset at Castilion Primary School:

- We remember it's always OK to make mistakes – we learn from them
- We never give up! We try a different approach, or use a different strategy
- We learn from each other – you guys often make the best teachers!
- We don't compare ourselves with others, but we do learn from others
- We challenge ourselves – which really helps us make progress
- We take risks – we don't limit ourselves by taking the easy option
- We join in as much as possible – and we learn much more by being involved
- We remember that mastering something new feels so much better than doing something you can already do
- We remember that the brain is making new connections all the time – the only thing you need to know is that you can learn anything!

