

# CHANGE YOUR WORDS!

USE GROWTH MINDSET LANGUAGE

GROWTHMINDS



## Did you know?

**Changing your language** is one of the **most powerful methods to instill a growth mindset** in your students. Growth mindset language is more than simply the words you speak; it is a full set of beliefs that has to be put in place. **Components of growth mindset language** include **how we address failures** and **mistakes**, promote **positive self-talk**, and how we **give instructions, feedback, and praises** (Dweck, 2017).



## Ask yourself this...

1. How frequently do I recognize and praise effort, strategy, and progress?
2. How do I most frequently compliment my students?
3. How do I deal with and respond to mistakes in class?
4. How do I give instructions to students?



## Good example

»A new topic allows us to expand our abilities!«

»This is only the draft, you'll have plenty of chances to enhance it.«

»Today's learning objective is \_\_\_\_\_. Tomorrow, we'll continue our work and go further by focusing on \_\_\_\_\_.«



## Fun fact

According to research, children who are **praised for their intelligence** learn to **value performance**, but children who are **praised for their effort and hard work** grow to appreciate **opportunities to learn** (Sousa, 2009).



## References

1. Dweck, C. (2017). *Mindset: Changing the way you think to fulfil your potential*. London: Hachette UK.
2. Sousa, D. A. (Ed.). (2009). *How the gifted brain learns*. Corwin Press.



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## What can you actually do in the classroom?

- **Be aware that your praise language is SPECIFIC, REALISTIC, and praises what students can CHANGE.**

**SPECIFIC** - specific praise is more meaningful and is more likely to be believed.

- ✗ That is a fabulous picture!
- ✓ I really like the way you have drawn the eyes.

**REALISTIC** - excessive praise can create doubts, and students are less willing to risk failure because they are afraid of falling below the high standard they have been set.

- ✗ You must be the best mathematician in your school!
- ✓ I can see how much you have practised, the progress is huge.

**Praise what they can CHANGE** - praising for qualities they don't have control over, such as intelligence or talent, can demotivate them. You can't try harder at something you can't change, so constantly recognize and applaud student's willingness to attempt, effort, patience, and practice.

- ✗ You are so smart!
- ✓ That was really good thinking.

- **Changing your language won't happen overnight, so be patient.** Thinking before you speak, can take a lot of energy, especially because we are used to smooth and quick communication. We suggest that you print out the examples above and keep them somewhere visible to remind you. Over time, you will internalize it. This will take time, and you will make mistakes, but this is change, and intentional change is good.

