

# Growth Mindset – A Guide for Parents



Mon 4th Mar. 2019 | 19.30-21.00

The Maltings Theatre, Level 2, The Maltings, St Albans AL1 3HL

**BOOK NOW...**



## **Do you believe that you are either clever or you're not? Do you think intelligence is a fixed thing?**

A ground breaking theory on mindset is making huge waves in how children are being taught today. Most of our teachers are nurturing a '*growth mindset*' in our children. According to pioneering psychologist Carol Dweck,

“In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it.” Our speaker, Dr Frances Warren will talk about mindset research and will address three broad questions during her talk:

What is mindset?

How do different mindsets develop and why are they important?

How can parents help children to develop a growth mindset?

It is an exciting and progressive concept that schools are using and, through this talk, parents will have a chance to reinforce the concept at home too, and even benefit themselves!

### **Who is this event for?**

This talk is for parents, grandparents and carers of children of ALL ages.

### **What will you gain from coming to the talk?**

- An understanding of the theory and research about mindsets.
- Knowledge to enable you to identify your child's mindset.
- An understanding of the impact of mindset on education and resilience.
- Tips on how to support your child to develop a growth mindset.

### **About our speaker**

Dr Frances Warren is part of the Growing Learners team of education research psychologists, led by Dr Sherria Hoskins and based in the Psychology Department at the University of Portsmouth. Dr Warren has worked with the team since its inception and they have now provided mindset interventions for over 250 nursery schools, schools (primary and secondary) and colleges across Europe

The Growing Learners team is passionate about supporting schools and parents to improve children's expectations and attainment using evidence based practice to support them to become **resilient, confident and effective learners**. Everything that they offer is underpinned by psychology and education theory, and applied research showing what works.