

**At Mt Carmel, we promote a  
Growth Mindset with students  
and teachers as part of the  
Learning Strategies.**

# Myths about Intelligence



**Intelligence is essentially a one dimensional commodity, largely to be found in the kinds of thinking required by IQ tests.**



**Intelligence is relatively fixed, educators make use of it, but do not really alter it.**

There are genetic influences on intelligence but they are far from being a 'life sentence' and they are not large.

# Intelligence is Composite

- ✓ Academic
- ✓ Creative
- ✓ Practical
- ✓ Social – how we interact with others
- ✓ Intuitive, emotional
- ✓ Ethical

*“Intelligence is no longer a personal possession, locked up in the recesses of private reasoning, it loops out into the world in dozens of useful ways.”*

# Intelligence is Expandable

*“The key to expandable intelligence lies far more in self-belief than it does in any hypothetical underlying notion of ability”*



# Growth -v- Fixed Mindset

## Fixed Mindset

Intelligence and talent are  
**fixed from birth**

Success comes from using  
**innate abilities**



## Growth Mindset

Abilities are **not fixed**  
Success comes **hard work**  
Failures are **learning opportunities**

These mindsets are not binary – you may have a Fixed Mindset towards one aspect of your life and a Growth Mindset towards another

***“You can’t just declare that  
you have a Growth Mindset.  
Growth Mindset is hard.”***

Carol Dweck

**There is  
no shortcut  
to high  
achievement**



# What Does **Success** Look Like?

From the Outside

- ✓ Effortless
- ✓ Graceful
- ✓ Easy
- ✓ Skilful
- ✓ Genius

From the Inside

- Practice
- Belief
- Effort/Determination
- Reflecting on mistakes
- Learning again & again
- Resilience



***“If parents want to give their children a gift, the best thing they can do is teach the children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.”***

Carol Dweck

# How You Can Help at Home

Use specific praise to show your child how great they are doing – *Praise effort and specific actions, tell your child what you notice about their efforts, attitude, skills and strategies.*

Talk about Having a Growth Mindset – *Practice a Growth Mindset by being resilient, working towards a long term goal, talking about your next steps and any mistakes along the way. Talk about learning and achieving despite setbacks and failures.*