

**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.*