



Growth Mindset – A Guide for Parents



Tue 3rd Oct. 2017 | 19.30-21.15 **£18**

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

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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." It is an exciting and progressive concept schools are using and through this talk by Dr Warren parents have a chance to reinforce the concept at home too. We could even benefit ourselves!

Who is this event for?

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

Dr Frances Warren from Growing Learners, University of Portsmouth will talk about mindset research and theory from the US conceived by Carol Dweck. Dr Warren 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?

What you **will gain** from coming to the talk:

- An understanding of the theory and research about Mindsets.
- Knowledge to enable them to identify their own and their children's Mindsets.
- An understanding of the impact of Mindset on education and resilience.
- Tips on how to support their children 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.