

Building a Learning Community at St Pius X

‘What makes a Successful Learner’

Wednesday 30th August



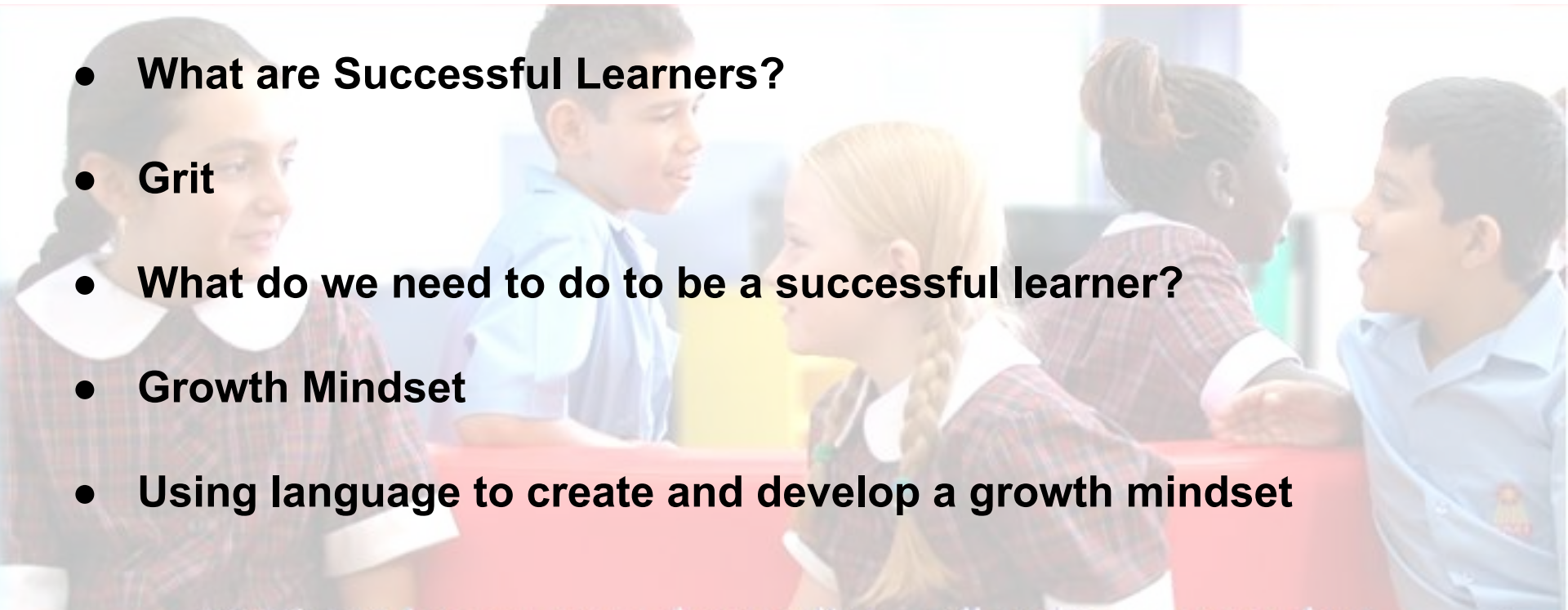
Dear Lord,

We thank you for the opportunity to learn and grow in the knowledge of our world and of ourselves. As we come together this evening, help us to be open to your Spirit at work in us, showing us how we can help each other to become successful learners. As we do this, may your love flow through us to achieve the best we can, so that we can shine.

We thank you that you have a special plan and dream for our lives. May our time at school and the learning we do, help us to bring forth your kingdom of love, joy and peace. Amen.

Overview

- **Prayer**
- **What are Successful Learners?**
- **Grit**
- **What do we need to do to be a successful learner?**
- **Growth Mindset**
- **Using language to create and develop a growth mindset**



Successful Learners

Enthusiasm and **motivation** for learning
Determination to reach high standards of achievement
Openness to new thinking and ideas

and able to:

Use literacy, communication and numeracy skills

Use technology for learning

Think **creatively** and independently

Learn **independently** and as **part of a group**

Make **reasoned** evaluations

Link and apply different kinds of learning
in new situations.



What is GRIT?

Passion, resilience, determination, and focus.

Having grit allows an individual to persevere with their goals even if they are uncomfortable, have been rejected, and haven't seen any progress for years, or even decades.

"Kids are not able to just spontaneously grow up to be gritty people without being supported in that."

Angela Duckworth

It's not that I'm so smart, it's just that I stay with problems longer.

• -Albert Einstein •

Give it your all
Redo if necessary
Ignore giving up
Take time to do it right

"There are no shortcuts. It's your grit that keeps you coming back each day."



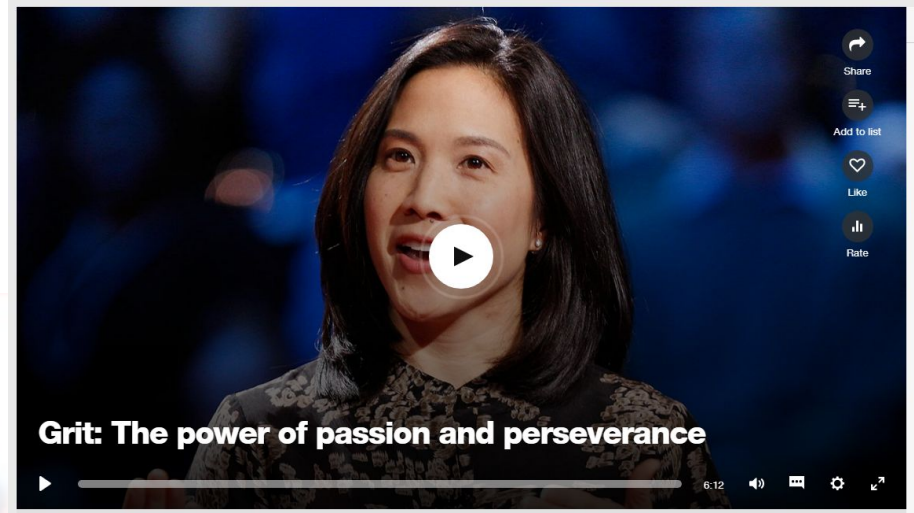
Grit

Talent x **Effort** = Skill

Skill x **Effort** = Achievement

Effort is... The secret to getting smarter. The more targeted effort you put in, the more you'll get out.

You can help your children to focus their effort and attention, encourage practise. Regularly recognise this effort with effort praise.

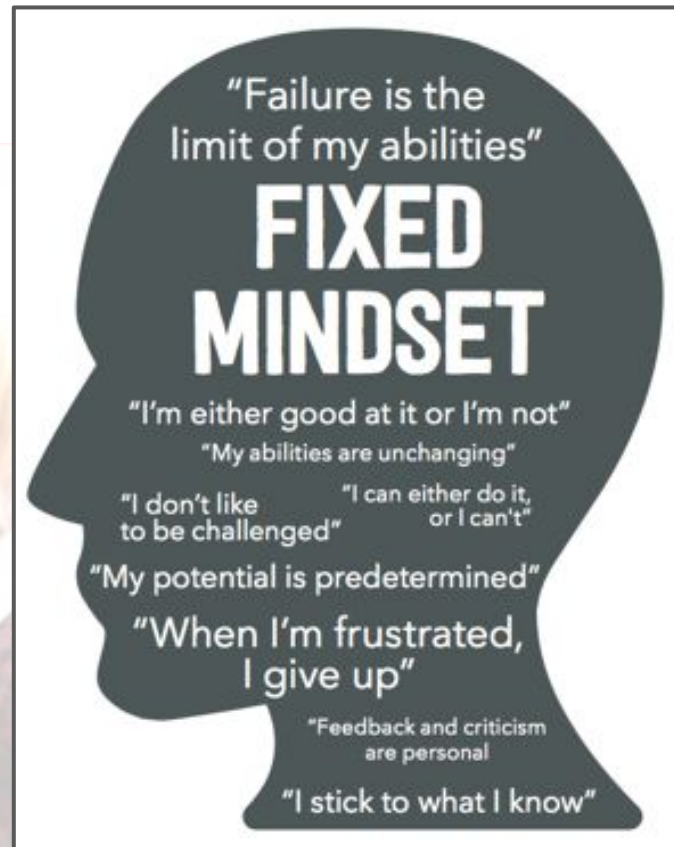


Fixed Mindset

A person with a **fixed mindset** believes that their personality traits—intelligence, abilities and character—are set in stone, they cannot be changed.

This means that success is tied to their ability and intelligence, and having to use any effort says they lack ‘natural’ ability or intelligence.

People who have a fixed mind-set find it difficult to believe that they can bounce back from mistakes, or failures of any kind or size.



Growth Mindset

"Failure is an
opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude
determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try
new things"

A **growth mindset** sees mistakes or failures as opportunities for improvement, development, and growth, rather than a sign of lack of intelligence.

A growth mindset sees abilities, knowledge and traits as flexible, capable of being stretched and developed over time, and understands that effort is key.

A growth mindset understands that it is hard work that allows success to occur.

IQ vs Growth Mindset

Children who understand that the brain can get smarter—who have a growth mindset—do better in school because they focus on improvement and see effort as a way to build their abilities. They see failure as a natural part of the learning process.

Whereas students who have a fixed mindset—those who believe that intelligence is fixed—tend to focus on judgement. They're more concerned with proving that they are smart or hiding that they're not. This means they tend to avoid situations in which they might fail or might have to work hard.



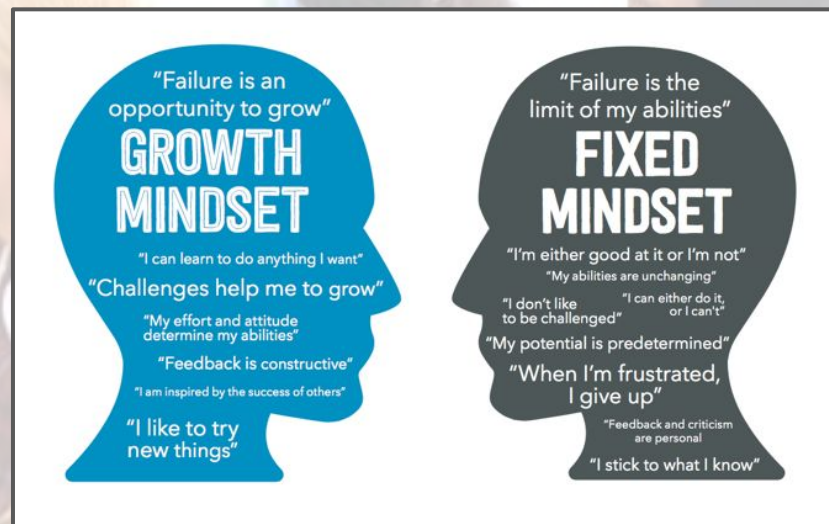
How do we develop a growth mindset in our children?

Three ways parents can instill a growth mindset



What is my mind set?

- Talk about a time that you struggled with something and how you overcame it.
- Talk with your kids about anything they have/are struggling with and what they learned/learning from the experience.



THE POWER OF YET

Yet... A small and empowering word....

YET...shifts thinking from a **fixed** to a **growth state** instantly!
Use it in conversation with your children. When you hear... "I can't do it"rephrase and add 'Yet'.

"You can't do it yet, is there anything I can do to help you?". Or "I'm rubbish at this"re-phrase and add 'Yet'. "You haven't found the best way to learn it yet. What could you do next?"

IF YOU ARE TEMPTED TO SAY
"I CAN'T"
HAVE THE COURAGE TO ADD
"YET"

...**YET**

THE
MOST

POWERFUL
ADDITION

I don't get it

+

yet

=

Optimism

I can't do this

+

yet

=

Perseverance

I can't do math

+

yet

=

Growth Mindset

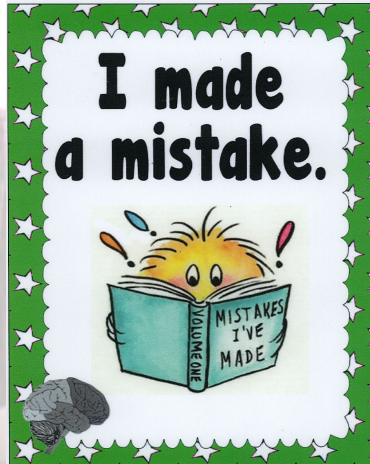
Using growth mindset language

What Can I Say To Myself?

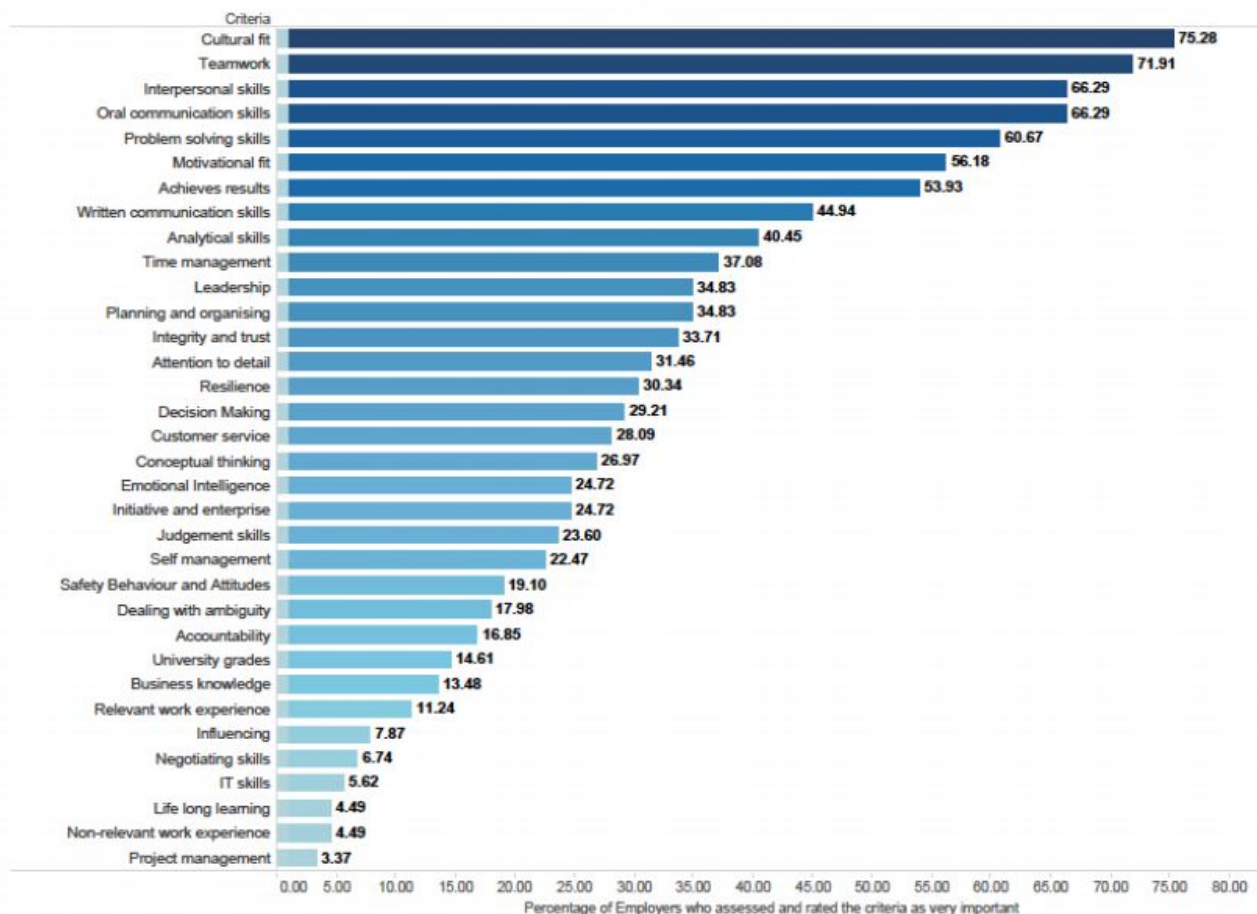
| Instead of: | Try thinking: |
|---|--|
| I'm not that good at this. | What am I missing? |
| I'm awesome at this. | I'm on the right track. |
| I give up. | I'll use some of the strategies we've learned. |
| This is too hard. | This may take some time and effort. |
| I can't make this any better. | I can always improve, so I'll keep on trying. |
| I just can't do maths. | I'm going to train my brain in maths. |
| I made a mistake. | Mistakes help me learn better. |
| She's so smart. I'll never be that smart. | I'm going to figure out how she does it so I can try it. |
| Plan A didn't work. | Good thing the alphabet has 25 more letters. |
| It's good enough. | Is it really my best work? |

Using growth mindset language

How Parents Can Instill a Growth Mindset at Home

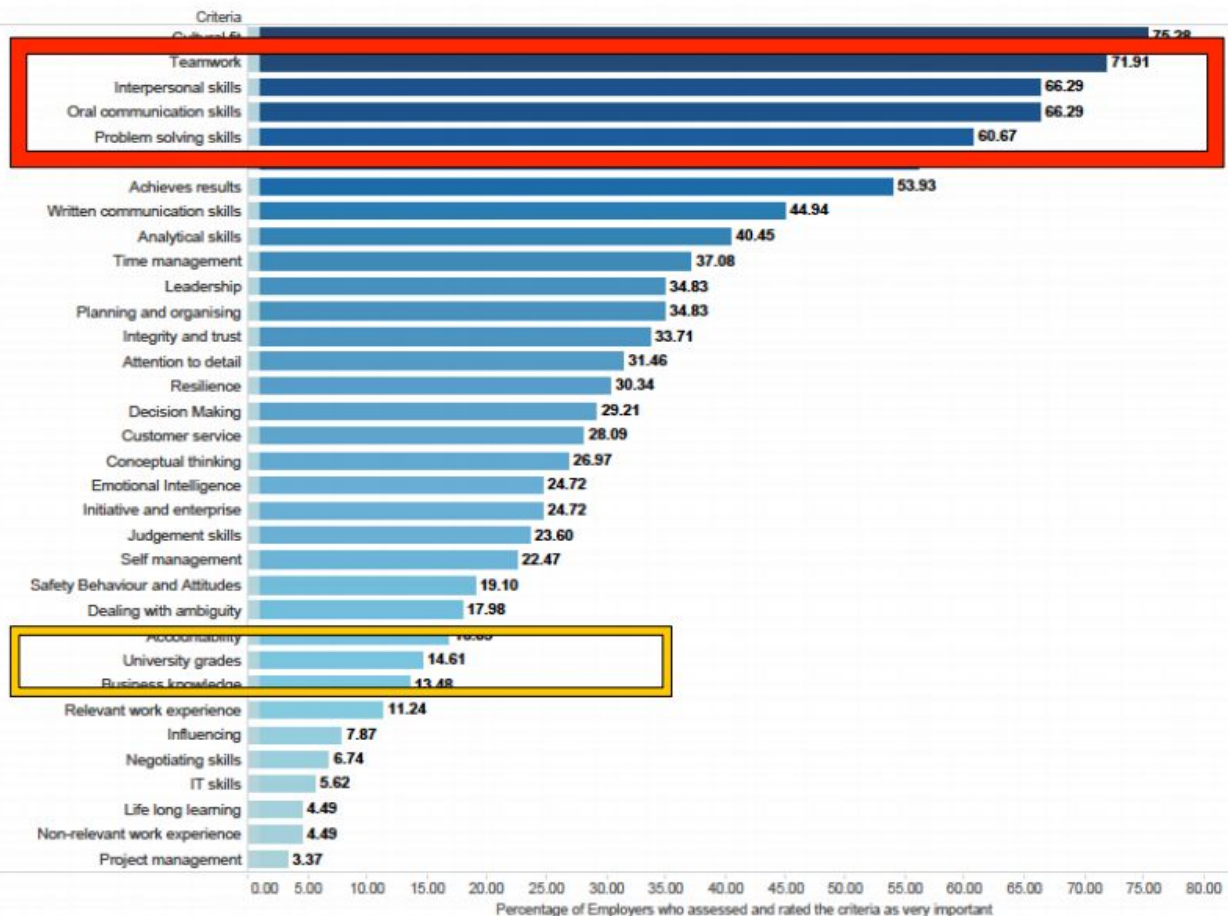


Percentage of Employers who assess the following criteria and deem it to be very important



Source: Australian Association of Graduate Employers, 2016

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WRITING

Plane

I'm going to write Better

Don't speak to others

Do my Best writing

Read slowly or fast / yes or no / I Don't know

Write a persuasive text to convince a Reader that one thing is Better than another.

cat's vs Dogs

| What Time Should Your Kids Go To Bed? | | | | | | | |
|---------------------------------------|--------------|---------|---------|---------|---------|---------|---------|
| | Wake Up Time | | | | | | |
| | 6:00 AM | 6:15 AM | 6:30 AM | 6:45 AM | 7:00 AM | 7:15 AM | 7:30 AM |
| Age | Bed Time | | | | | | |
| 5 | 6:45 PM | 7:00 PM | 7:15 PM | 7:30 PM | 7:30 PM | 8:15 PM | 8:30 PM |
| 6 | 7:00 PM | 7:15 PM | 7:30 PM | 7:30 PM | 8:00 PM | 8:15 PM | 8:30 PM |
| 7 | 7:15 PM | 7:15 PM | 7:30 PM | 8:00 PM | 8:15 PM | 8:30 PM | 8:45 PM |
| 8 | 7:30 PM | 7:30 PM | 8:00 PM | 8:15 PM | 8:30 PM | 8:45 PM | 9:00 PM |
| 9 | 7:30 PM | 8:00 PM | 8:15 PM | 8:30 PM | 8:45 PM | 9:00 PM | 9:15 PM |
| 10 | 8:00 PM | 8:15 PM | 8:30 PM | 8:45 PM | 9:00 PM | 9:15 PM | 9:30 PM |
| 11 | 8:15 PM | 8:30 PM | 8:45 PM | 9:00 PM | 9:15 PM | 9:30 PM | 9:45 PM |
| 12 | 8:15 PM | 8:30 PM | 8:45 PM | 9:00 PM | 9:15 PM | 9:30 PM | 9:45 PM |

Wilson Elementary's chart doesn't show the recommended bedtime before age 5, so here's the full rundown of [AAP-approved sleep recommendations](#):

Credit: Wilson Elementary School

- Infants from 4 to 12 months should get 12 to 16 hours of sleep (including naps)
- Children 1 to 2 years old should get 11 to 14 hours (including naps)
- Kids 3 to 5 should get 10 to 13 hours (including naps)
- Children 6 to 12 year olds should sleep 9 to 12 hours a night
- Teenagers should get from 8 to 10 hours of sleep a night