**Modelling a Growth Mind-Set**

Show students how to recognize fixed mind-set thoughts, how to stop them, and how to replace them with growth mind-set thoughts.

Make the rule that fixed mind-set thoughts spoken aloud in your class will be stopped, and the student will need to rephrase the idea as a growth mind-set thought, by doing so you will help students recognize fixed mind-set thoughts. You will also help students monitor each other and shift their thoughts toward growth.

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| Do Say | Don't Say |
| What am I missing? | I'm so stupid. |
| I seem to be on the right track. | I'm awesome at this. |
| I’m going to train my brain in Maths. | I just can’t do Maths. |
| This is going to take some time. | This is too hard. |
| I’m going to work out how he / she’s doing it. | She / He’s so smart, I wish I was as smart. |
| What can I do to improve? | My answer is fine the way it is.  |
| That’s an interesting idea for improvement. How can I use that in my work? | Looking at examples and the mark scheme won’t make my work any better. I just want to know what level / grade I got. |