

Carol Dweck and Growth Mindset Research

The founder of the term growth mindset is Carol Dweck. Carry out some research about her and find out about her work. Also, find out what a growth mindset actually is.

Carol Dweck and her work on Growth Mindset

What is a growth mindset?

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Predicting Outcomes

Read each scenario in the table below, and for each one try to think what the person in that situation would think, how they would feel, how they would act or behave, and what the outcome might be. Consider whether the initial thought that you choose is a negative or positive one. Does this initial thought affect the outcome?

Situation	Thought	Feeling	Behaviour	Outcome
A child who wanted to be selected for the inter-schools cross-country run is not chosen. Their best friend is chosen though.				
A child goes for an eye check and is told they need to start wearing glasses. No one else in the class wears glasses at the moment.				
A child has been asked to read out their super piece of writing in front of the whole school in assembly.				

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