

Share It!

The little book of GROWTH MINDSET



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What is a **GROWTH MINDSET**?

Growth Mindset is a theory* and a belief that intelligence and abilities can be nurtured and developed throughout our lives. The opposite of a Growth Mindset is having a Fixed Mindset, which means that a person's talents are set and unchangeable. Years of research have shown that mindsets are changeable and that there are strategies that can help people develop a Growth Mindset and become more effective learners.

Why is a **GROWTH MINDSET** important in education?

Having a Growth Mindset means that students are more open to feedback because they see that learning from mistakes is a positive part of the learning process. A Growth Mindset also boosts students' self-esteem which in turn helps them to embrace and overcome daily challenges at school, and to understand the value of perseverance and practice.

Having a rich, happy, and positive learning environment is an important factor that directly affects students' self-esteem and how well they learn. By learning about values in **Share It!**, your students become part of a supportive community in which they feel a sense of belonging, trust each other, feel encouraged to ask questions and, most importantly, try their best!

Tip!

- Ask students to draw/paste a picture of themselves on a piece of paper. They write or draw the things they like about themselves. They keep adding to it.
- Keep track of all the things they can do and add things during the school year.

Lesley Koustaff – author of Share It! Level 3



**FIXED
MINDSET**

vs

**GROWTH
MINDSET**



* This theory was created by the American psychologist Carol Dweck. Her key contribution to social psychology is the book *Mindset: The New Psychology of Success*.

1 Be respectful.

Speak clearly.



Follow the rules.



2 Be kind.

Help your partner.



Wait your turn.



3 Be responsible.

Check your work.



Put your things away.



Share It! Level 2
Student book

“Share It! consistently emphasises the three values of respect, kindness and responsibility. Knowing that they are going to learn in a positive and supportive environment will enhance student self-esteem and reduce fear of failure as they will feel more confident while learning.”

A GROWTH MINDSET helps to develop independent learners!

Self-reflection is one of the main foundations for creating independent learners with a Growth Mindset. By being able to reflect on how they learn, students are more likely to think more efficiently and effectively in the future.

A progress tracker in **Share It!** guides students to become aware of their learning journey and fosters self-reflection!

Tip!

With your learners, create vocabulary posters for the classroom. Use a wide variety of ways to record vocabulary from webs to venn diagrams, from picture dictionaries to colour-coding. Encourage learners to tell you which posters they prefer and to notice the different ways their classmates like to learn too.

Fiona Davis – author of Share It! Starter and level 2

<p>Did he buy ...?</p>	<p>She didnt ...</p>	<p>Name two things you did last weekend.</p>	<p>Spell it.</p> <p>do _____</p>
<p>Name two things you read last week.</p>	<p>Spell it.</p> <p>_____ a song</p>	<p>Did she go ...?</p>	<p>He didnt ...</p>
<p>Spell it.</p> <p>make a _____</p>	<p>Name two things you saw last week.</p>	<p>He built ...</p>	<p>Ask a question.</p>
<p>She saw ...</p>	<p>Ask a question.</p>	<p>Spell it.</p> <p>_____</p>	<p>Name two foods you ate yesterday.</p>

Share It! Level 4
Student book

A GROWTH MINDSET can nurture a love of learning!

Research from cognitive psychology has found that the relationship between positive emotions and grades is reciprocal. Through the use of games, learning becomes dynamic and memorable.

Tip!

Use simple cut-outs or inflatable objects in speaking activities – a camera and a guitar for a conversation with a pop star, a cake and a present for a birthday party, a microphone and a trophy for an interview with an athlete. Students love activities with something to hold and use!

Nick Beare – author of Share It! Level 1



Share It! Level 1
Grammar animation video

“One of the hallmarks of students with a Growth Mindset is that they measure their success against their own progress, as opposed to comparing themselves to others. A powerful way that Share It! taps into this research is through the regular use of ‘I Can Routines’. By self-referencing their achievements, students are more likely to be focused on improving their individual learning instead of comparing themselves to their peers thus encouraging a Growth Mindset.”

“With an ongoing emphasis on both fun tasks and games throughout the course, a fun learning environment is created for the students. Examples of this include the numerous games which are included in the ‘Games Bank’ in the Teacher Edition that reinforce prior learning. In addition, every grammar presentation is accompanied by a fun grammar animation video which makes learning grammar dynamic and enjoyable.”

A GROWTH MINDSET promotes a positive relationship with feedback!

Asking and receiving feedback allows students to accelerate their progress and take responsibility for their learning journey.

The projects in **Share It!** encourage students to share their work not only with each other, but with the class and at home as well. By sharing their work, students open themselves up to others' feedback, which they can reflect upon and improve on.

Tip!

When giving feedback on projects, praise effort above achievement. Focus on the work that went into doing the project even if the end result is incomplete or not perfect. Choose your words carefully! Say 'You worked hard on this project', 'You had some great ideas', 'Your projects are getting better and better'... Students will pick up on the phrases you use and start to use them in peer feedback too.

Viv Lambert and Mo Choy – authors of Share It! Level 5 and 6

A GROWTH MINDSET can be nurtured through vicarious experiences!

Vicarious Experiences are situations where students feel more motivated to undertake a task, if they see classmates performing that same task successfully. This is an effective technique, as observing others succeeding can show students what is possible for them and can motivate them to improve themselves.

The unique **Sharebook** contains a variety of communicative pair-work activities and games that can be done in class in a fun environment and in which students are motivated by seeing each other.

Tip!

Pair students for communicative activities with their specific abilities in mind. For example, pair a good listener with an outgoing talker or a student who follows the rules with one who thinks outside the box. After the activity, ask pairs to say one thing they've learned from or admire in their partner.


Susan Rivers – author of Share It! Level 3

 **Share it!** Share your project with the class.



This is a statue of a boy and a girl. Its name is **Two Kids on a Bench**.

Share It! Level 3 Student Book

 **Sharebook** A: page 39 B: page 40 **Animal Lake**

How many birds are there?



There are twenty.

Share It! Level 1 Student Book refers to an activity in the Sharebook

"Throughout each of the Share It! lessons and units, students are regularly encouraged to explore and engage with feedback. Asking for feedback will allow students to accelerate their progress and take responsibility for their learning."

InnerDrive

"Share It! regularly prompts students to share their work with each other as well as further encouraging students to praise, motivate and critique each other's work."

InnerDrive

A GROWTH MINDSET can increase motivation!

When students are motivated they enjoy learning and they attribute positive emotions to it, which in turn has an impact on their performance.

The Share the World lessons in **Share It!** present insights into other cultures through a variety of real world readings. This helps students draw a connection between themselves and the topic, keeping them motivated to learn more about the world around them.

Tip!

Before the Share the World reading, use the internet to display images from the country in the text. Ask:

- what country students think it is
- what animals/buildings/activities/food/weather this country has
- what is similar/different in their country

Play True or False with simple statements e.g. There are tigers in this country.

Nicole Taylor and Michael Watts – authors of Share It! Level 4



“Share It! has engaging activities that foster a love of learning within students, and the strong emphasis on sharing work, experiences and feedback. These are vital components that help students and teachers develop their Growth Mindsets and confidence.”

InnerDrive

Share the World 2

A Weekend in Tokyo

1 Look at the pictures. What fun things can you see?

2 Read the article. What is the name of the mountain near Tokyo?

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“The Share It! course is underpinned by, and effectively utilises research from cognitive and educational psychology to help students develop a **GROWTH MINDSET** and improve their confidence whilst learning English as a foreign language. Central to this are the activities and tasks that develop their skills and encourage students to track their own progress.”

InnerDrive



InnerDrive is a mindset coaching company which works with people in education, business and sport – helping them to realize their full potential and to develop a **Growth Mindset**.

They deliver blogs, workshops, continuous professional development and one-to-one coaching, all of which are founded on the latest peer-reviewed research in Neuroscience, Educational Psychology and Sports Psychology. As a result, **InnerDrive** help students, teachers, parents and athletes to improve their motivation, learning, confidence and performance.

For more information visit: innerdrive.co.uk

