



# MMI CONNECT

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## How Montessori helps to develop growth mindset?

### Growth mindset for children

#### Mindset

Have you ever wondered what is Mindset all about? Mindset is a way of thinking. Mindset is the belief system that we adopt to process information. Our mindset keeps developing along with our personal experience. Our mindset shapes our thoughts. Our mindset impacts how we make sense of the world around us and how we make sense of ourselves.



*"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves." Buddha*

#### Two types of Mindset

Dr. Dweck's research into the growth mindset changed education forever.

According to her, people with these two mindsets think differently and react to information differently. Her theory of the two mindsets and the differences they make in outcomes are incredibly powerful. According to Carol Dweck, there are two types of mindsets – a fixed mindset and a growth mindset.

#### Fixed Mindset



People with a fixed mindset look at challenges and change as a threat. They believe their basic qualities such as their

intelligence or talent are fixed traits. They do not show interest in developing their qualities. They believe that their talent alone is enough to create success, without any effort. It is common for people with a fixed mindset to believe that their general qualities are fixed traits that cannot be changed.

#### Growth Mindset

Individuals with a growth mindset, believe their talents can be developed through hard work, right strategies and input from others. They tend to achieve more than those with a more fixed mindset. People with a growth mindset believe that their most basic abilities can be developed through dedication and hard work. This approach creates a love for learning and resilience in them.



#### Is the Growth Mindset important for children?

Does your child take on challenges? Is your child able to persevere when it comes to learning? If your answers are yes, it may be more than just being motivated or resilient. This approach is possibly the result of having a growth mindset. A child with a growth mindset faces challenges and setbacks. Children with a growth mindset believe their abilities will transform over time.



#### How to develop a Growth mindset in your child?

Developing a growth mindset is an ongoing process. Encourage your child to speak up when something is not working well. Encourage your child to self-advocate and ask for help from the people around. Let your child know that the people around him believe that he can find ways to fix mistakes. Your natural response is often of great help to reassure your child. Converse with your child frequently about what he has learnt from his experience. Observe and advice your child on ways he handles challenges.

# How Montessori helps to develop growth mindset?

## Growth mindset in Montessori Method of Education

### Growth Mindset in Montessori

Montessori method of education instills a growth mindset in children. It is an excellent method to teach children patience and persistence.



Carol Dweck's research on Mindset showed that those who believe intelligence is predetermined and unchanging, are less likely to persist and achieve than those who believe intelligence is malleable. In the growth mindset, mistakes are embraced as learning and failure is seen as necessary. The integrated Montessori curriculum provides children with repeated opportunities to learn concepts in different ways as they progress through the grades. The hands-on approach allows children to embrace learning by making discoveries and experiencing the interconnectedness of the various Montessori subjects' areas

### **Growth Mindset Takeaways**

- Children with a growth mindset believe their abilities improve over time.
- Children with a growth mindset like to challenge themselves.
- Children learn from failure.
- Children learn from feedbacks and criticism.
- Children with a growth mindset keep learning.
- Children are able to persevere even when they feel frustrated.
- Children get inspired by others' success and understand that success is achievable through success.

### In what ways Montessori helps a child to develop a Growth Mindset?

Dr. Maria Montessori saw the potential in children for a better humanity. An analysis of Dr. Maria Montessori's early work reveals a crucial fact; she believed that humans have the potential to grow and develop.

Her belief in children's ability to grow and develop paved the way for a growth-oriented pedagogy. Research on Mindset shows evidence that growth mindset aligns with a primary



goal of Montessori education: to develop lifelong learners that unlock the potential for a better humanity. Montessori children are encouraged to continue to explore subjects they love to learn. They are supported by the teacher in their efforts to learn and expand in abilities outside their strong suits.

Individual lesson plans in permits Montessori teachers to accomplish consistently without any stress on children. Teachers develop children with confidence and humility. Children are not punished nor graded for mistakes.

The assessment is more focused on improvements an individual has made. Children are encouraged to view mistakes as learning opportunities and motivated to persevere. Carol Dweck's application of her findings on Mindset "what does this mean for me," fits perfectly with practices that can be found in Montessori classrooms for a century.

Montessori helps a child to access the best of their individuality and potential.

### **Montessori Classroom**

"Maria Montessori exhibited a growth mindset when she took castaway children out of an insane asylum and created a classroom to meet their needs".



The Montessori "prepared environment" is designed to facilitate maximum independent learning and exploration in children. In a Montessori environment, children work by themselves, in pairs, in small groups, in large groups, at tables or on the floor. The materials in the environment are scaled to the child's size, including furniture, shelves and the materials. Montessori offers children tasks that are just a little beyond their ability to challenge them and expect them to practice until they reach mastery. Montessori friendly approach towards mistakes provides children with the opportunities to grow in the environment. Montessori believes that children learn from failure. One of the Hallmark of Montessori is, children are so accustomed to accepting new challenges and learning from their mistakes. The Montessori exercises allow a child to develop a positive attitude towards learning and inherent love for continuous learning. It helps to unleash the desire to learn and brings out the potential in every child. Montessori forms the habit of concentration, initiative and persistence in a child to persevere in completing tasks. The Montessori environment provides older children with opportunities to scaffold younger children. Younger children are inspired by watching older children accomplish in their tasks. As for the older children, their experience with the younger children prepares them to become their mentors. The Montessori system allows every child to be a leader.

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