

# **Embracing the Growth Mindset @ CHIJ (Katong) Primary**

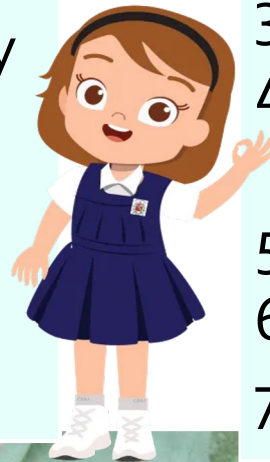
# WHAT WILL BE COVERED TODAY...

- Our Vision
- Our Theme
- Growth Mindset
- CHIJ (Katong) Primary's Growth Mindset Mantras
- How Can I Instil the Growth Mindset in My Child?
- How Can I Help My Child Set Effective Goals?

# From Girls to Women of Grace and Substance

## Grace

1. Simple in virtue
2. Noble in character and in accordance to God's will
3. Respectful of self and community
4. Confident
5. Eloquent
6. Poised and well – mannered



## Substance

1. Steadfast in duty
2. Self-disciplined in the pursuit of knowledge
3. Intelligent
4. Intrinsically motivated to grow self and others
5. Compassionate and Empathetic
6. Principled in morals and values
7. Committed to serve


# Key Curriculum Programmes for 2023

CHIJ (KCP) Pride  
Virtues of a CHIJ Girl  
Motto of a CHIJ Girl

Spiritual Well – Being  
God and Prayer as our anchors.  
Grace and Love Programme

Physical Well – Being  
Exercising daily  
Sleeping early  
Eating well

Mental Well – Being  
Growth Mindset



**Inclusive Learners who  
embody the mission of  
CHIJ**

Student Voice and Empowerment  
KCP Speaks  
Student Forum with School leaders  
Workshop sign – up (P5 – P6) based on choice and  
interest

Care for school community and  
environment  
Save the Earth  
Vibrant Classroom and School  
Learning from the community

Positive and Supportive School  
Love the last, least, lost/  
Peer Supporters

Student Leadership  
5 practices of Exemplary  
Leadership  
Self – Discipline - Leading  
oneself  
To serve and not to be served

# Theme 2023

## Our Journey

1. Being proud of who you are.
2. Having a growth mindset and resilience.
3. Being strong in mind and body.



1. God and Prayer for challenging times.
2. To have gratitude and to be thankful for our blessings.

1. To be of service to all especially the last, least and the lost.
2. To 'see' others and acknowledge the presence of everyone.
3. To support those in need, so that no one is ever alone.
4. To love and be responsible to the environment – class, level, school, home, community.

# Theme 2023

Our Journey  
Beacons that light the way



## Our Journey

### Beacons that light the way

A person who shines her light, and, in turn, inspires, guides, and brings hope to others.

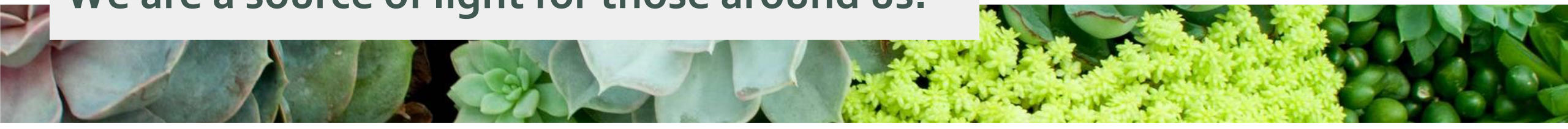
Every single day, we have endless opportunities to be a beacon.

We are being a beacon every time we smile, we love, we accept, we connect.

We are a source of light for those around us.

# Theme

# 2023



# Growth Mindset vs Fixed Mindset

| Growth mindset  | Fixed mindset                     |
|---|-----------------------------------|
| Views challenges as opportunities                           | Avoids challenges                 |
| Is able to be vulnerable and receive constructive criticism | Takes feedback negatively         |
| Talent and intelligence can be developed                    | Talent and intelligence are fixed |
| Focuses on learning and not outcomes                        | Seeks constant approval           |
| Inspired by success of others                               | Threatened by success of others   |
| Is resilient and persist in the face of setbacks            | Gives up easily                   |





20XX

I will be the best version of myself, pursuing my own definition of success, with confidence resilience and a Growth Mindset.

Everyone can learn anything, improve and achieve any goal with the effort and the right strategies.



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Our  
GROWTH MINDSET  
Mantras

# Term 1 Mantra

I dare  
to  
dream

I believe  
I can

# Term 3 Mantra

I grow  
from my  
mistakes

I am  
grateful

for my past, present and  
future

**How Can I  
Instil the  
Growth Mindset  
in My Child?**

The way we talk  
to our children  
becomes their  
inner voice

90 marks is not  
good enough.

How are you  
going to get  
into XXX school  
with your  
results?

You are only  
good enough if  
you get all As.

You wasted all  
the money I  
spent on tuition  
for you.



I am doomed if I do not get into XXX school in future.

I am useless unless I get all As.

I am a waste of money.

My parents only love me if I get good grades.

My worth is based on my results.



Your daughter's thoughts

# What happens if we focus on results?

- Cheating attempts
- Mental health issues
  - Depression
  - Anxiety
- Low self-esteem
- Adopt the attitude of “If I do not try, I will not fail.”
- Strained relationship between parents & child

# Say This, Not that!

- **Cultivate Perseverance in your child by using *Process Praise* - praising her for her *effort and hard work*.**
- **Process Praise encourages perseverance.**

| Say This...  | Instead of saying...   |
|--|--|
| I can see you worked hard on this!   | You are so smart.  |
| It's time to try a new strategy.   | It's okay. Maybe you're not cut out for this.                                    |
| I like watching you do that.   | You're a natural at that.  |
| You don't understand this YET. What can you try to do to understand it better?                         | How can you not know this? Are you paying attention in class? You're not trying. |
| That was really hard. Your effort has paid off. Next time, you'll be ready for this kind of challenge. | That was really hard. Aren't you glad it's over? You don't have to do it again!  |

# Mistakes and Failures are Part of Learning

A *fixed mindset* is often  
at the root of a child's fear of failure.

A *growth mindset* means seeing  
mistakes as evidence of a  
developing brain.

# The Power of YET

**Encourage your child to add "*YET*" to the end of any statement about learning.**

**Watch how their feelings shift and potential grows with the addition of this powerful word.**



I can't do this.... **YET**  
I'm not good at this... **YET**  
I don't understand this... **YET**  
It doesn't work.... **YET**  
This doesn't make sense.... **YET**

# Resilience

*Resilience, or the ability to bounce back,* cannot exist without obstacles. When children believe their intellectual and social abilities can be developed, they perform better academically and experience less stress. They stand tall in the face of challenges.



I am strong like  
a tree,  
no matter the  
challenge

# Positive Self-Talk Empowers

How can I help  
my child set  
effective goals?

# LET THEM CHOOSE THEIR BIG GOAL

- What's something you wish you could achieve?
- What is a challenge you would feel very proud to overcome?
- What would you do if you knew you couldn't fail?

# DISCUSS THE PURPOSE OF THEIR GOAL

- Why do you want to achieve this goal? Why does it matter?
- How will doing well in school benefit you?
- How can you help others?

# BREAK THE GOAL INTO SMALLER STEPS

Use a goal ladder to break down their big goal.

At the top of the ladder, write down your big goal. Then work your way through the steps to achieve it.

# BRAINSTORM POTENTIAL OBSTACLES

- Plan for potential obstacles.
- Discuss how to deal with bad habits and negative thoughts.
- Ask “If you feel like giving up, what will you do instead?”

THANK YOU