

Let's have a conversation!

Monthly dialogue with parents of Bal Bharatians on student-centric issues



Bal Bharati
PUBLIC SCHOOL

Dear Parent,

Every month, we seek views, ideas and suggestions from you, on various topics that are important for the progress and well-being of your child. Parents' inputs are invaluable in helping us shape the school's policies and practices to better serve the needs of our students.

Here we are featuring some of the thought-provoking responses to the topic of the month.

TOPIC

How can we encourage a growth mindset in our students, so that they develop a positive attitude towards learning from setbacks, challenges, and feedback?



Encouraging a growth mindset in students is crucial for fostering resilience and a positive outlook on learning. Emphasising effort over innate ability helps students understand that a challenge is an opportunity for growth, not a failure. Praising perseverance and strategies that lead to success reinforces the idea that intelligence and abilities can be developed through dedication and hard work. Providing constructive feedback that focuses on progress rather than just outcomes would encourage students to see mistakes as learning opportunities rather than failures. By creating a supportive and nurturing environment that promotes perseverance, resilience, and a belief in the power of effort, educators can effectively cultivate a growth mindset among their students, setting them on a path towards lifelong learning and achievement.

Archana & Sanjay Gawai, Parents of Sizza, Class VI, BBPS Khargone

माता-पिता के रूप में हम अपने बच्चों को सीखने व चुनौतियों के प्रति उनकी मानसिकता को आकार देने में महत्वपूर्ण भूमिका निभाते हैं. विकसित मानसिकता को प्रोत्साहित करने और एक सकारात्मक दृष्टिकोण को बढ़ावा देने के कुछ तरीके यहाँ दिए गए हैं:

- केवल प्रतिभा की नहीं बल्कि प्रयास की प्रशंसा करें
- लक्ष्य निर्धारित करें और प्रगति का जश्न मनाएं
- आत्म-चिंतन और आत्म-सुधार को प्रोत्साहित करें
- स्वयं एक विकास मानसिकता की सोच बनाएँ, सीखने और निरंतर सुधार पर ज़ोर दें

- आलोचना नहीं बल्कि प्रतिक्रिया दें

- उद्देश्य की भावना और सीखने से जुड़ाव को बढ़ावा दें

- चुनौतियों को स्वीकार करें और असफलता को सीखने के अवसर के रूप में देखें



Harendra Prasad, Father of Harsh, Class IX, BBPS Nabinagar



To instil a growth mindset in our students, we must celebrate effort and resilience, drawing inspiration from our rich Indian heritage. Embrace the wisdom of 'Karmanye Vadhikaraste' (You have the right to work, but not to the fruits of your labour) to teach that effort and learning are more important than immediate success. Share stories of Indian leaders and icons who faced setbacks and triumphed through perseverance. Encourage collaborative learning and peer support, fostering a sense of community. By valuing process over perfection and integrating cultural values, we can help students embrace challenges and see feedback as a path to growth.

Sanober Kazimi, Mother of Mohib Imam, Class VIII, BBPS Navi Mumbai

In today's rapidly evolving world, fostering a growth mindset in students is crucial. Coined by psychologist Carol Dweck, a growth mindset is the belief that abilities, skills and intelligence can be developed through practice, persistence, and proper strategies. They understand that while not everyone can be an Einstein, everyone can improve with hard work. To cultivate this mindset, teachers and parents should:

- Emphasise the power of "yet": Encourage students to say, "I can't do this yet," reinforcing that improvement comes with time and practice.
- Provide constructive feedback: Offer specific, actionable advice for improvement.
- Share own example: Teachers and parents should demonstrate their own growth mindsets by sharing personal learning experiences and challenges.
- Foster a love for learning: Expose students to diverse subjects and experiences, allowing them to discover their passions.



Samay Singh Meena, Father of Ashish, Class XII, BBPS Nishatpura



Create a classroom environment that accepts mistakes as learning opportunities. Encourage students to view challenges as chances to grow rather than threats to their self-esteem. Provide constructive feedback that focuses on the process rather than the outcome, which can guide students in refining their strategies and approaches. Teach goal-setting and self-reflection to track their progress and stay motivated. By cultivating these habits, our teachers can help students develop a lasting positive attitude towards learning and challenges.

Reena Devi, Mother of Pihu, Class VI, BBPS Manesar

To cultivate a growth mindset, educators should encourage students to take calculated risks and explore new ideas. Incorporating activities that emphasise the process of learning rather than just the end result can help students see setbacks as opportunities for growth. By encouraging curiosity, and highlighting real-world examples of successful individuals who overcame obstacles, teachers can inspire a positive attitude in students towards learning and growing.



Kavita Gupta, Mother of Mishika, Class IX, BBPS Gangaram



The school can use a number of methods to help students develop a growth mindset. This needs an engaging learning environment, and to cultivate the same, teachers should use interactive lessons that promote critical thinking and problem-solving, and offer flexible seating so that kids can collaborate with ease. They can also incorporate mindfulness practices like meditation to help students manage stress which arises when efforts fail. Setting incremental goals and using tools to track progress, can help boost confidence by giving students a taste of small successes. It is important to foster a supportive classroom culture with peer encouragement and group celebrations. Given that technology plays a central role in our lives today, it should be integrated through educational tools and online resources for immediate feedback and self-directed learning. Finally, the school should engage parents by providing growth mindset resources and maintaining open communication about student progress.

Saroj Kumar Sahoo, Father of Ritika, Class IV, BBPS Darlipali

Incorporating reflective practices, such as journaling or group discussions, allows students to recognise their progress and understand that struggle is part of the learning process. Introducing varied and meaningful challenges that are aligned with their interests can also motivate students to engage deeply with the material. Additionally, teaching students about the brain's ability to grow and adapt through effort and learning can demystify the process and make growth feel attainable. Through these methods, we can help students develop a positive attitude towards learning and build resilience in the face of challenges.



Subhadra Rajpoot, Mother of Aryan, Class VIII, BBPS Noida



To uniquely encourage a growth mindset, integrate storytelling and real-world applications into the curriculum. Start each week with 'Growth Stories', where students share personal experiences or famous tales of perseverance, sparking inspiration and discussion. Implement a 'Challenge of the Month' programme, where students tackle difficult projects, reflecting on strategies and progress rather than outcomes. Class teachers can create a 'Growth Mindset Wall' in the classroom for students to post achievements, challenges, and learnings, fostering collective celebration of effort and progress. They can introduce 'Mindset Journals' where students document thoughts, setbacks, and reflections, making self-assessment a habit. Incorporating mentorship programmes is a powerful way, where older students are paired with younger ones to discuss overcoming difficulties, promoting peer learning and support. Also, the school can host interactive workshops with professionals who share their journeys of resilience, demonstrating that setbacks are stepping stones to success.

Leena Suri, Mother of Nesara and Nysa, Classes Preschool and VII, BBPS Rohini

It can be hard for kids to understand or deal with a setback. But this is when parents and teachers need to sit down and patiently explain to them that even though something is not working out now, it often comes with a meaningful purpose or a lesson. For example, if a child did poorly in a test, it may mean he needs to understand the basic concepts of that subject better, or maybe study it at a time when they feel more alert. If your child is going through a tough time, remind he that it won't last forever. Each day is a chance to start fresh. Making the best of a situation is a better option than dwelling on it and growing increasingly miserable. It's all about how we learn from setbacks.



Neelam Kondal, Mother of Aahan, Class II, BBPS Solan

TOPIC FOR THE NEXT MONTH

How can we promote diversity and inclusion in our school community, and what activities and events would support this effort?

Share with us your frank views about the topic. There is no correct or incorrect answer. All responses will help us in making the journey of our students more productive and joyful.