



"Growth Mindset" After School Club Evaluation

November 2018

Introduction

It is known that children and young people who have a positive attitude towards their learning will make good progress and be successful. We want children to relish challenges, be resilient, embrace mistakes as part of the learning process, value the importance of effort, respond carefully to feedback, and take inspiration from others.

Central to this attitude and approach to learning, are the theories and proven evidence of Growth Mindset. This is a term coined by psychologist Carol Dweck and her research has identified characteristics of learners with a fixed and a growth mindset.

In my private practice I saw more and more adults who lacked coping strategies when crisis hit them. This led me to putting together a Growth Mindset after school club to equip children with strategies, exercises and skills that they could utilise right throughout their lives.

Brain Train Me Growth Mindset Club - 10 week trial

A 10 week free trial was conducted at Crown Wood Primary School, Bracknell. The club was advertised in parent mail.

15 Key Stage 1 pupils were selected by the school - 4 pupils from Year 2 and 11 pupils from Year 1. One pupil dropped out of the course at week 8, her behaviour became disruptive and she did not want to participate in the group any longer. The older pupils needed less support to engage with the activities and exercises, they were quicker to pick up the theme and they were able to take more away due to their literacy levels.

Brain Train Me

The club is based on the principles of growth mindset. Each week focuses on a different theme:

- Making a difference in the world
- Dream Big
- Follow your heart
- You are not what you have
- Follow your heart
- Taking action
- Be persistent
- Importance of gratitude

Each session also has the opportunity to practice a breathing and/or visualisation exercise. Children are exposed to many sources of stimulation throughout the day. Meditation, focusing on breathing, is a practice for calming one's mind and body. Research has indicated that meditation can assist with improving concentration and focus, calming anxiety and reducing impulsivity, among other benefits. Meditation takes time, commitment and practice. It is not an exercise that should be applied only when your children is stressed out, worried or lacking focus.

Benefits to the parents

Parents or carers were written to at the outset, several exercises were sent home for the whole family to get involved with throughout the pilot. Parents/ carers were surveyed at the end of the pilot.

5 parents/ carers completed and returned the questionnaire. All 5 said their child had enjoyed coming to the sessions. All parents / carers that responded said their child spoke about the themes and activities at home.

Several parents reported noticing a difference in their child's overall temperament. **"My Child is calmer after the sessions."**

All parents / carers felt that over the 10 week period their child was either somewhat or more considerate, helpful, kind, thoughtful, focused or calmer.

"Absolutely brilliant Course to help the parents educate the children to be good humans. I think children would benefit if



different rewards were shown or consequences to actions discussed."

"My daughter really enjoyed every session & was very enthusiastic to talk about Brain Club."

Pupil Feedback

The pupils were able to give feedback about how they were feeling as they came into the club and again when they left using red, amber and green buzzers. This exercise was able to evidence that most of the children's moods were better at the end of the club.

At the beginning of each club we recapped on the previous week's theme and children not only remembered what we had learnt but were able to talk about how they had put the theme into action throughout the week, providing an opportunity to build resilience by learning new strategies.

Teacher feedback

The Growth Mindset After school club aimed to foster an emphasis on a variety of enriching activities alongside core academic subjects to build confidence and encourage talents. Teachers were surveyed at the end of the pilot to see if they had noticed any difference in the children attending.

Teachers reported noticing children being more helpful and calmer. Teachers also felt children were somewhat more considerate of other people's feelings, somewhat less distracted and more focused.

"Bethany has really enjoyed coming to the club. She is often quite distracted and will often say "I have failed." It has helped the work I am doing with her to improve her resilience and self confidence. Thank you !"*

*not child's real name

BrainTrainMe

Summary

- All of the parents/ carers that responded to the survey said they were satisfied with the club.
- Parents / Carers reported noticing a difference in temperate.
- Teachers felt the club supported the work they were doing to develop self confidence and resilience in the classroom.
- Children put strategies into practice independently each week.

2019 Offer

As a result of the pilot Brain Train Me is able to offer Bracknell primary schools a "Growth Mindset" one evening a week 3.15-4.15pm

Targeted at Year 2 & 3 pupils. Capacity - 16 pupils per group

Price A total of £30 per pupil half term (10 weeks)

Contact if interested nicola@braintrain.me www.braintrain.me