

MINDSET TEAMS IN THE SCOTTISH EDUCATION SYSTEM

Since 2018, Winning Scotland, a Scottish charity, has delivered a Mindset Teams programme, designed to promote Growth Mindset within schools in Scotland.



WHAT DID WE DO?

Researchers at Cardiff University & the University of Bristol, alongside Winning Scotland undertook an evaluation study among primary schools to identify:

- What are the impacts of the programme on children & teachers?
- How is the programme being delivered in schools?



To answer these questions, we used many forms of data collection, involving stakeholders, teachers, parents, children & Scottish Government data.



WHAT WERE THE IMPACTS ON CHILDREN?

- Greater **engagement** with learning.
- Improved **mental health & wellbeing**.
- Enhanced **social skills & behaviour**.
- Support for children's **beliefs & future aspirations**.
- Indicative **improvements on CfE school Writing** achievements.

WHAT WERE THE IMPACTS ON TEACHERS?

- Positive change in **perceptions** of children's learning abilities.
- Enhanced **teaching practice & enthusiasm**.
- Improved **personal qualities & mental health**.
- Strengthened **relationships with parents**.
- Using **Growth Mindset** in own personal life.
- Adding to a **positive school culture**.



WHAT HELPED SCHOOLS WITH DELIVERY?

- Growth mindset aligned with the school **ethos and values**.
- **Positive staff attitudes** with strong leadership & a motivated team.
- The **supportive training course** with a flexible approach & regular contact.

WHAT HELPED SCHOOLS SUSTAIN THE PROGRAMME?

- Ensuring there is **funding, protected time & teaching resources** available.
- Adding it to the **School Improvement Plan**.
- **Sharing project findings & case studies** with wider school staff.
- Building on the **familiar Growth Mindset Concept**.
- Introducing it at the **start** of the school year.

