

# Academic Research: Benefits of Improving Mindset in Scottish Schools.



This study carried out by Bristol and Cardiff Universities on behalf of the National Institute for Health and Care Research (NIHR) Public Health Intervention Responsive Studies Team (PHIRST), studied the impact of Winning Scotland's 'Mindset Teams' programme, now known as 'More Than Mindset'.

The More Than Mindset programme is designed to embed a growth mindset culture within primary and secondary schools, equipping teachers with twelve months of comprehensive online training and practical classroom application.

## 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**.



Teachers, children and wider stakeholders noted the below impacts of the programme.

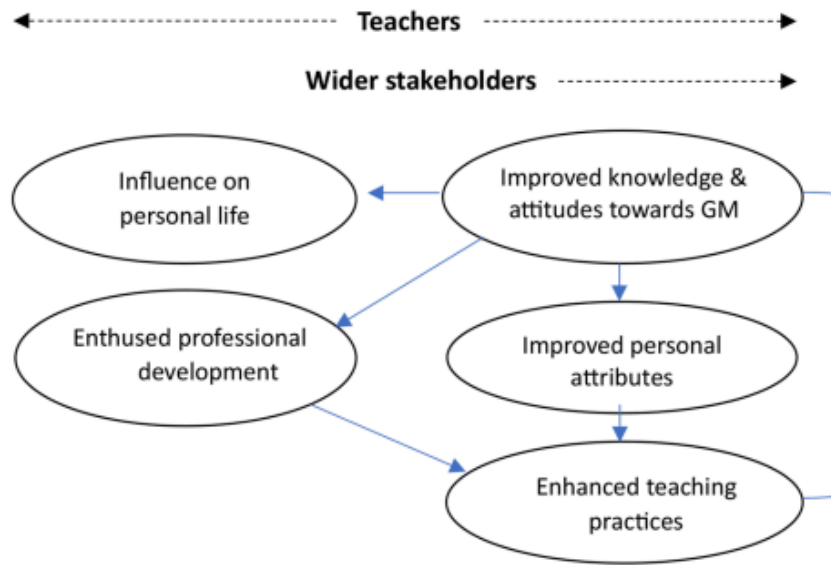


Fig. 1 Perceived programme impacts on teachers as identified by teachers and/or wider stakeholders

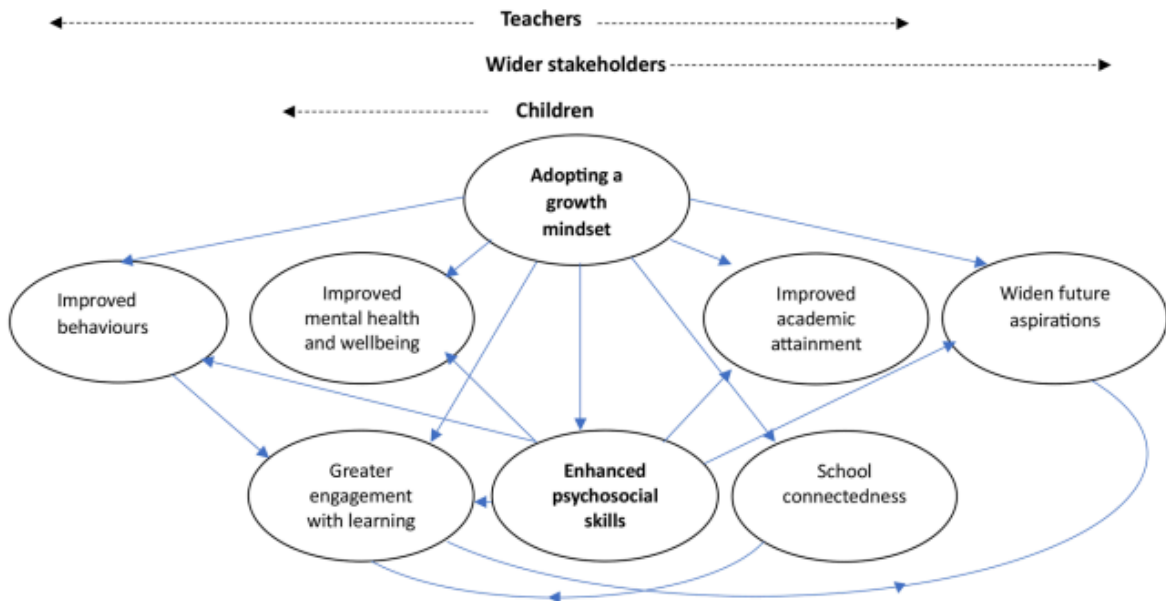


Fig. 2 Perceived programme impacts on children, identified by teachers, children and/or wider stakeholders (bold indicates all groups identified impact e.g., adopting a growth mindset was identified by all three participant groups). Arrows indicate the perceived direction of impact (e.g., enhanced psychosocial skills support greater engagement with learning)



Scan the QR code to read the full academic paper

If you would like to discuss our More Than Mindset programme please get in touch:  
[info@winningscotland.org](mailto:info@winningscotland.org)