Meddylfryd o Dŵf

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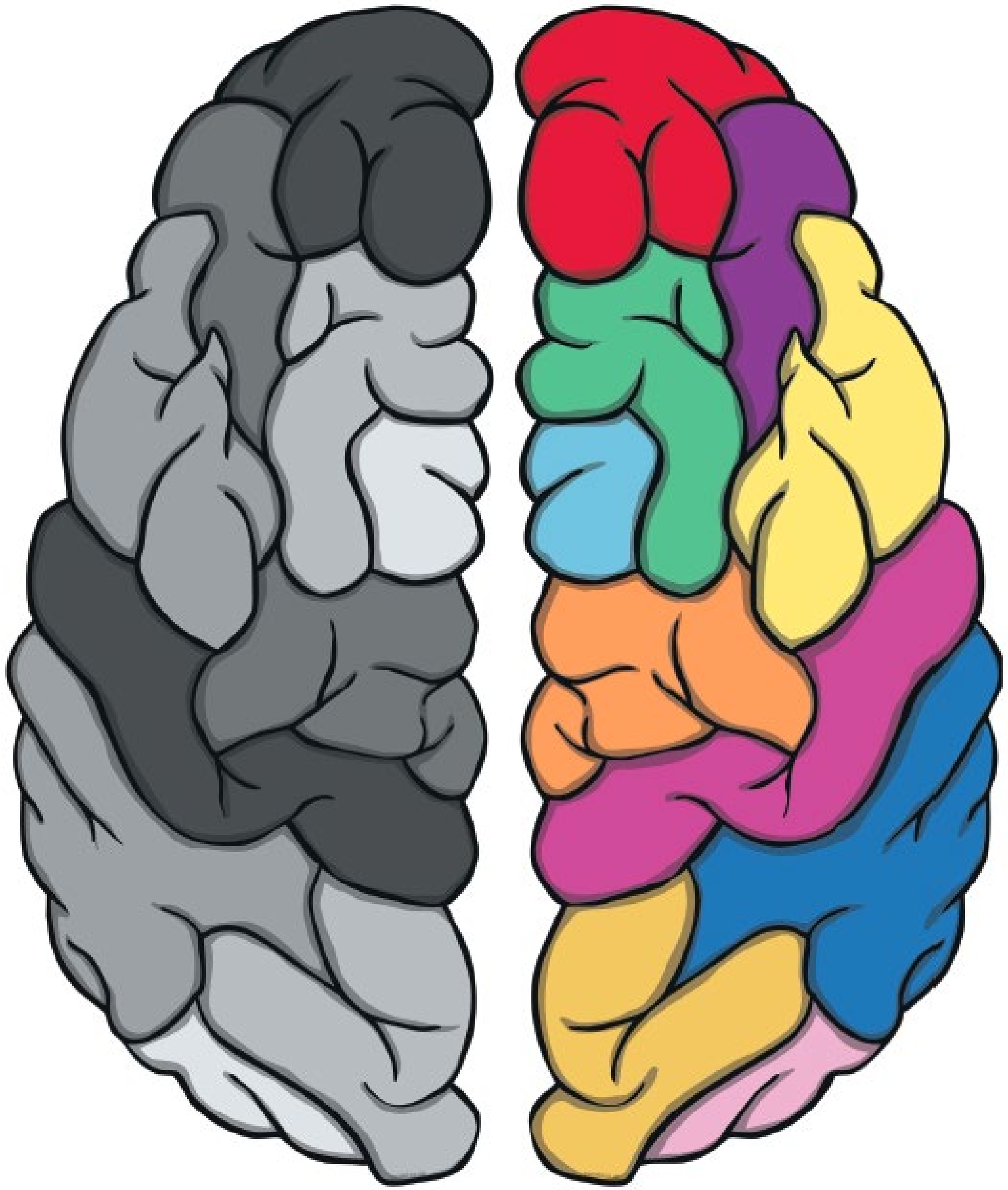
Growth Mindset



Llyfryn Gwybodaeth Meddylfryd o Dŵf

Cynnwys

1. Beth yw Meddylfryd o Dŵf ?
2. Gwaith Ymchwil
3. Pa feddylfryd ydych chi?
4. Sut i annog Meddylfryd o Dŵf?
5. Herio iaith Meddylfryd Sefydlog
6. Enghreifftiau Ysbrydol
7. Ffocws yr ysgol
8. Gwybodaeth bellachgwefannau rhieni
9. Gwybodaeth bellach- llyfrau plant
10. Y gair olaf

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4. How to encourage Growth Mindset
5. Challenging Fixed Mindset language
6. Inspirational examples
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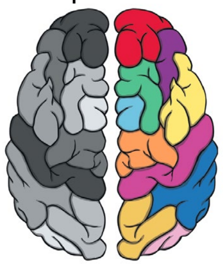
10. The last word



Growth Mindset Booklet

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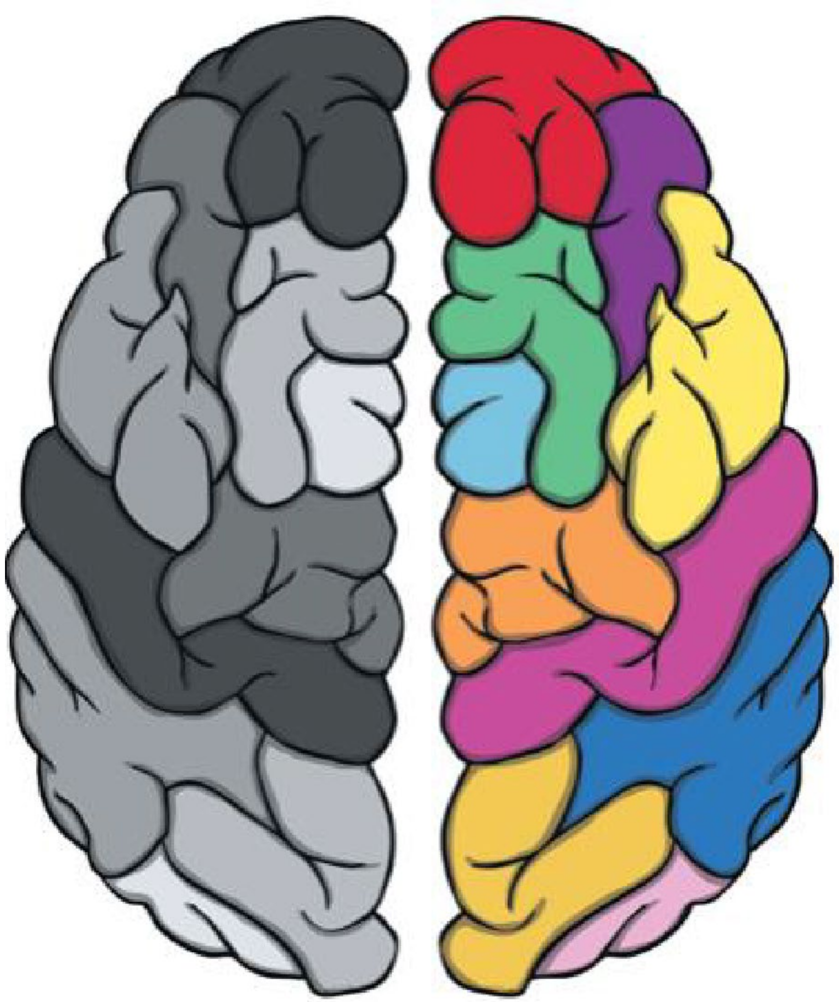
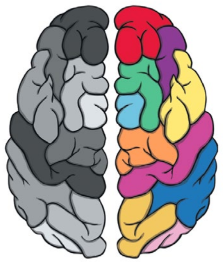


“Mae’n iawn gwneud camgymeriadau.”

“It’s alright to make mistakes.”



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Camgymeriadau a weithiodd!

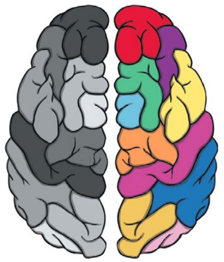
Daethpwyd o hyd neu datblygwyd y pethau hyn o wneud camgymeriadau:

- CAWS
- CWCIS SIOCLED
- COCA-COLA
- CYFFUG
- CREISION
- TE a BAGIAU TE
- ASPRIN
- PENICILLIN
- PELYDR-X
- Y FFRISBI
- CADW MI GEI
- Y SLINCI
- GWYDR
- POST-ITS
- FELCRO
- JINS

The following things were found or developed by making mistakes:

- CHEESE
- CHOCOLATE-CHIP COOKIES
- COCA-COLA
- FUDGE
- CRISPS
- TEA and TEABAGS
- ASPRIN
- PENICILLIN
- X-RAY
- FRISBEE
- PIGGY BANK
- THE SLINKY
- GLASS
- POST-ITS
- VELCRO
- JEANS

Mistakes that worked!



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Beth yw Meddylfryd o Dŵf?

Mae pobl yn tueddu credu un o ddau safbwynt am allu:

1. Mae plant (ac oedolion) sydd â meddylfryd twf yn credu bod modd datblygu eu gallu trwy ymdrech, dyfalbarhad a dysgu o'u camgymeriadau. Mae'r disgyblion yma yn gweld yr ysgol fel lle i ddatblygu eu gallu ac yn meddwl am heriau fel cyfleoedd I ddysgu sgiliau newydd a thyfu .
2. Mae pobl sydd sydd â meddylfryd sefydlog yn credu nad oes ots pa mor galed y gwnewch chi weithio neu ddysgu, bydd eich deallusrwydd yn aros yr un fath. Mae'r disgyblion hyn yn gweld camgymeriadau fel arwydd nad oes talent ganddynt. Mae'r disgyblion yma yn dehongli camgymeriadau fel arwydd o ddiffyg talent. Yn aml iawn maen nhw'n rhoi'r ffidil yn y to wrth wynebu her newydd neu dydyn nhw ddim yn fodlon ceisio o gwbl rhag ofn eu bodd nhw'n methu.

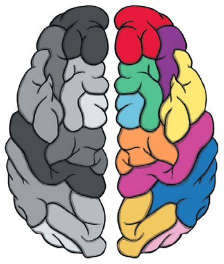
Mae'r credoau hyn sydd gan blant ynglŷn â'u galluoedd, ymdrech a dyfalbarhad yn effeithio ar y dewisiadau y maent yn eu gwneud am ddysgu.

People tend to hold one of two different viewpoints about intelligence:

1. Children(and adults) with a growth mindset believe that intelligence and abilities can be developed through effort, persistence and learning from mistakes. These pupils see school as a place to develop their abilities and think of challenges as opportunities to grow and learn new skills.
2. People with a fixed mindset believe that intelligence and abilities are fixed at birth and doesn't change or changes very little with practice. These pupils interpret mistakes as a sign that they lack talent. They often give up when faced with a new challenge or won't try at all for fear of failure.

These beliefs children have about intelligence, effort, and struggle impact the choices they make about learning.

What is Growth Mindset?



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Beth yw Meddylfryd o Dŵf?

Mae plant sy'n credu bod yr ymennydd yn gallu tyfu, yn gwneud yn well yn yr ysgol gan eu bod nhw'n canolbwyntio ar wella. Maent yn gweld ymdrech fel ffordd i wella eu galluoedd. Maen nhw'n gweld methu fel rhan naturiol o'r broses ddysgu.

Ar y llaw arall mae disgyblion sydd â meddylfryd sefydlog yn canolbwyntio ar gael eu barnu.

Mae'n bwysicach i'r disgyblion hyn brofi eu bod nhw'n glyfar neu guddio'r ffaith nad ydynt yn deall rhwybeth. Golyga hyn eu bod nhw'n osgoi sefyllfaoedd lle efallai byddent yn methu neu gweithio'n galed.

Mae nifer o astudiaethau gwaith ymchwil yn dangos bod disgyblion sydd â meddylfryd twf yn ymateb yn wahanol mewn sefyllfaoedd heriol ac yn gwneud yn well yn yr ysgol dros gyfnod o amser.

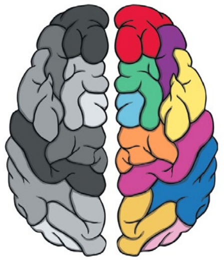
Children who understand that the brain can get smarter do better in school because they focus on improvement. They see effort as a way to build their abilities. They see failure as a natural part of the learning process.

In contrast, students who have a fixed mindset tend to focus on judgment.

These pupils are more concerned with proving that they are smart or hiding that they don't understand something. That means they tend to avoid situations in which they might fail or might have to work hard.

Many research studies show that children who have a growth mindset respond differently in challenging situations and do better in school over time.

What is Growth Mindset?



Gwaith ymchwil

Mae gwaith ymchwil gan Seicolegydd Datblygiadol Dr Carol Dweck o Brifysgol Stanford yn dangos 2 wahanol feddylfryd:- Sefydlog a Thwf

"In a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb. In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it." Dweck

Mae gwaith ymchwil Dweck yn dangos tystiolaeth bwysig y byddai athrawon yn adnabod ar unwaith yn eu dosbarthiadau. Byddent yn adnabod disgyblion gyda meddylfryd sefydlog:- sydd ag ofn cyfrannu tuag at drafodaeth ddosbarth rhag ofn eu bod nhw'n edrych yn wirion; sy'n meddwl bod un prawf gwael yn golygu nad ydynt yn gallu gwneud y pwnc yna, eu bod nhw'n mynd i fethu felly maent yn rhoi'r gorau iddi; sydd ag ofn ceisio rhywbeth newydd rhag ofn eu bod nhw'n anghywir ; sydd yn cadw defnyddio'r dull anghywir hyd yn oed pan eu bod nhw'n gwybod nad ydy'r ffordd yma yn gweithio yn hytrach na chesio ffordd wahanol. Wrth ddatblygu Meddylfryd o Dŵf gallwn annog disgyblion i dyfu a datblygu eu galluoedd yn hytrach na dweud wrthyn nhw eu bod nhw'n gallu.

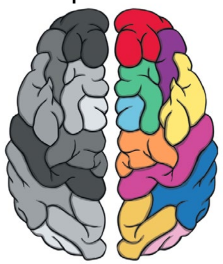
Research by Developmental Psychologist Dr Carol Dweck of Stanford University points to people having one of two mindsets: Growth and Fixed.

"In a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb. In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it." Dweck

Dweck's research highlights very important evidence that teachers would instantly recognise in their class. Staff would recognise pupils with a fixed mindset:- who are scared to contribute to class discussion for fear of looking stupid; who take one bad test result of a sign that they cannot do the subject, are going to fail and therefore give up; who will not try anything new for fear of getting it wrong; who will persevere with the same approach to their learning even when it is not working rather than being creative and finding a different solution. Developing a Growth Mindset we can encourage pupils realise they can grow and develop their ability rather than us telling them that they can.

Animeiddiad 10 munud yn amlinellu ymchwil Carol Dweck. A 10 minute animation outlining Carol Dweck's research. http://www.openculture.com/2016/01/animated-carol-dweck.html

Research



Pa feddylfryd ydy eich plentyn? Beth amdanoch chi?

Ydych chi'n dweud…?

- mae deallusrwydd yn rhywbeth cynhenid na ellir eu newid
- eich bod yn fath penodol o berson, ac mewn gwirionedd nad oes llawer y gellir ei wneud i newid hynny.
- taw dim ond ychydig o bobl sy'n wirioneddal dda ym maes chwaraeon - mae'n rhaid i chi fod wedi eich geni gyda'r ddawn.
- bod mathemateg yn haws i'w ddysgu os ydych yn fachgen neu'n dod o ddiwylliant sy'n gwerthfawrogi mathemateg
- eich bod chi'n teimlo'n grac pan fyddwch yn cael adborth negyddol am eich perfformiad
- bod rhoi cynnig ar bethau newydd yn achosi straen ac eich bod chi'n yn osgoi gwneud hynny
- eich bod chi'n gallu dysgu pethau newydd, ond na allwch newid pa mor ddeallus yr ydych chi
- nad oes angen i bobl glyfar ymdrechu'n galed?

Do you say…?

- intelligence is something people are born with and you can't change it
- you are a certain type of person and there's not much you can do to change that
- only a few people are really good at sports – you must be born with a talent
- maths is much easier to master if you are born into a culture which appreciates mathematics
- that you often feel cross when you receive negative feedback about your performance
- trying new things causes you stress and you avoid doing this
- that you can learn new things but you can't change how clever you are
- that clever people don't need to work hard?

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What is Growth Mindset?

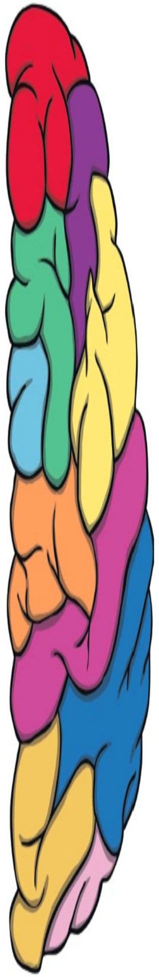
Pa feddylfryd ydy eich plentyn? Beth amdanoch chi?

Neu ydych chi'n dweud …..?

- eich bod chi'n gallu gwella'ch deallusrwydd, waeth pa mor ddeallus yr ydych chi'n barod
- gallwch bob amser newid pa fath o berson ydych chi
- y gall unrhyw un ddysgu dawn newydd
- os ydych chi'n gweithio'n galed i feistrioli rhywbeth y byddwch chi'n gwella
- eich bod chi'n gwerthfawrogi pan fydd pobl, rhieni, hyfforddwyr, athrawon yn rhoi adborth am eich perfformiad
- bod pawb yn gallu dysgu
- y prif reswm dros wneud gwaith ysgol yw eich bod yn hoffi dysgu pethau newydd?

Or do you say…..?

- you can always improve your intelligence
- you can always change what type of person you are
- anyone can learn a new talent
- if you work hard to master something you will improve
- you appreciate feedback about your performance from people, coaches, teachers and parents
- everyone can learn
- the main reason for doing schoolwork is that you enjoy learning new things?



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What is Growth Mindset?

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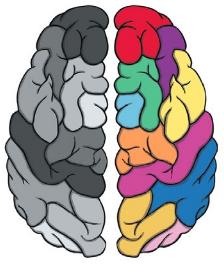
Sut i annog Meddylfryd o Dŵf?

Meddylfryd Sefydlog	Meddylfryd Twf	Fixed Mindset	Growth Mindset
Dydw i ddim yn gallu gwneud hyn…	Dydw i ddim yn gallu gwneud hyn eto	I'm not good at this…	I can't do this yet
Rydw i'n rhoi'r gorau iddi…	Rydw i'n mynd i ddefnyddio rhai o'r strategaethau rydw i wedi'u dysgu	I give up…	I will try another way of doing this
Mae'n ddigon da…	Ai hwn yw fy ngwaith gorau?	It's not good enough…	I can make this even better
Mi wnes i gamgymeriad…	Dyma oedd fy nghais cyntaf i ddysgu	I made a mistake…	This was my first attempt
Mae hwn yn rhy anodd…	Os yw rhywbeth yn anodd mae'n golygu fy mod i'n dysgu	This is too hard…	If something is difficult it means I am learning
Rwy'n dda iawn yn gwneud hyn…	Rydw i'n deall y gwaith yma achos fy mod i wedi ymarfer	I am really good at this…	I am good because I practise
Fydda i byth mor glyfar â nhw…	Rydw i am ddarganfod sut maen nhw'n ei wneud e	I will never be as good as them…	I will find out how they got so good
Ni fedraf i wneud hyn…	Bydd hyn yn cymryd amser ac ymdrech	I can't do this…	This will take time and effort
Ni alla i wneud hyn yn well…	Gallaf wella fy ngwaith bob tro	I can't make it any better…	I can always improve my work
Dydyn nhw ddim yn gallu…	Sut alla i eu helpu nhw i ddeall?	My friend is can't do it…	How can I help them understand?

How to promote Growth Mindset?



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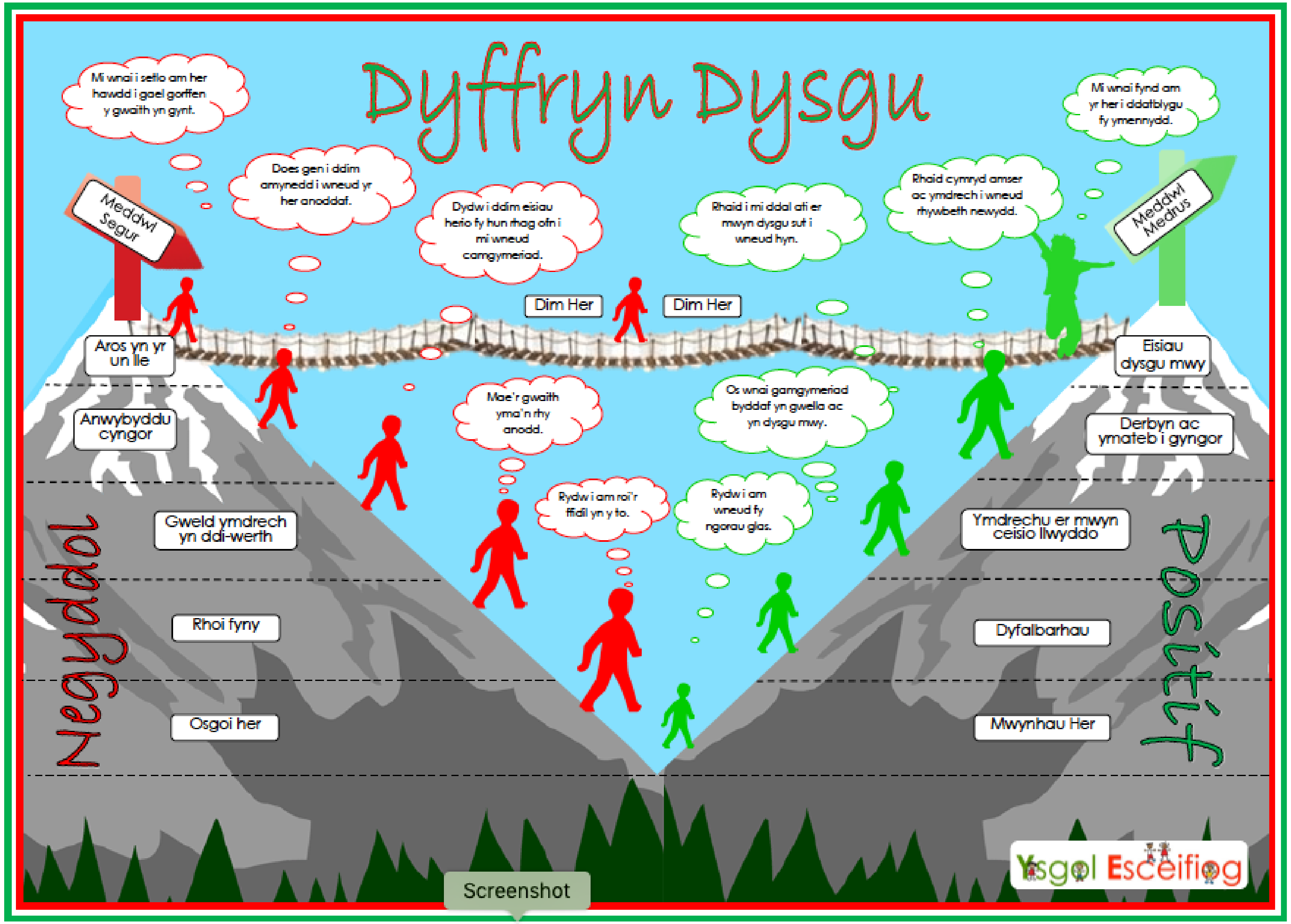
Sut i annog Meddylfryd o Dŵf?

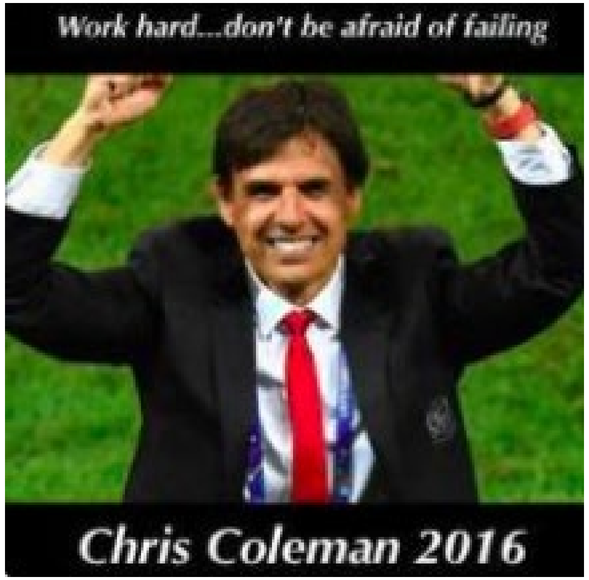


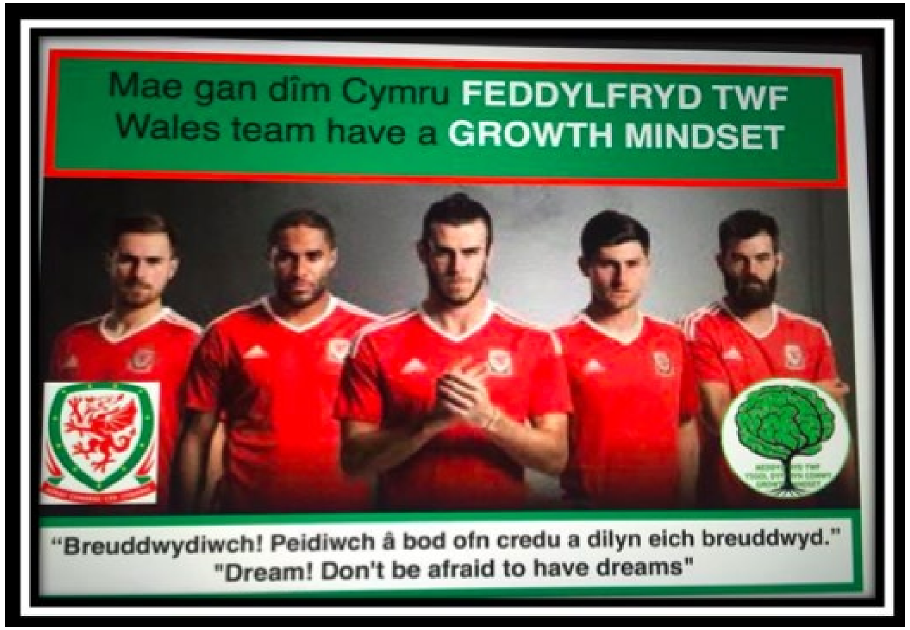
How to promote Growth Mindset?

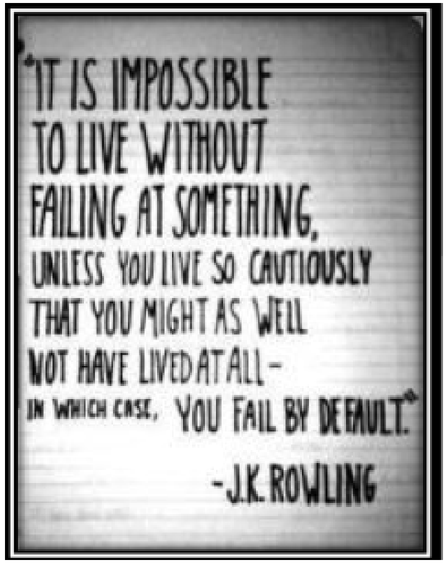
Sut i annog Meddylfryd o Dŵf?

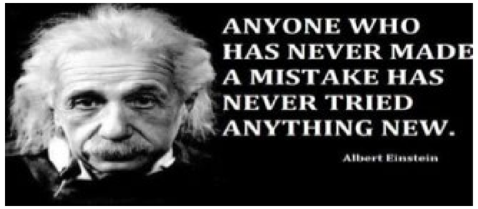
How to promote Growth Mindset?

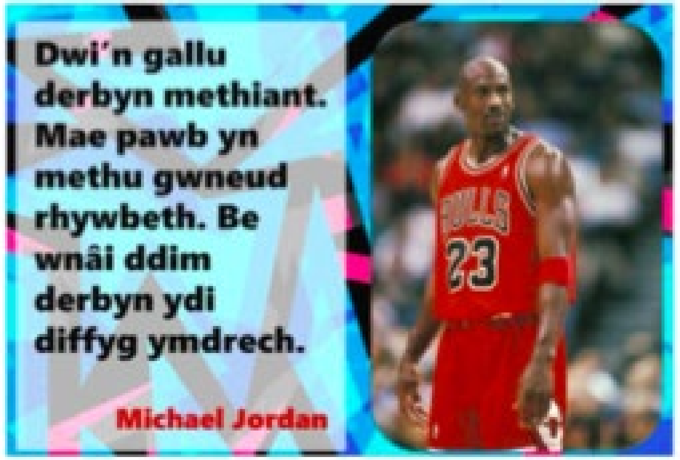
Enghreifftiau i ysbrydoli

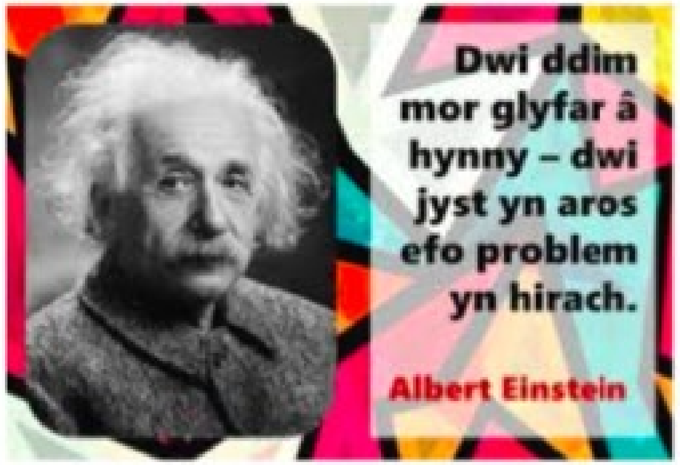


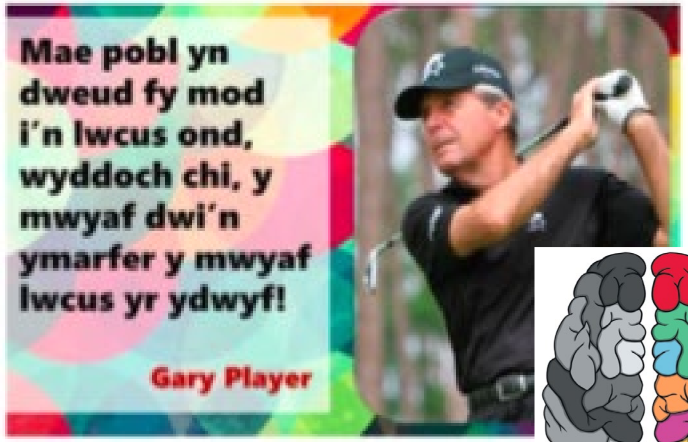


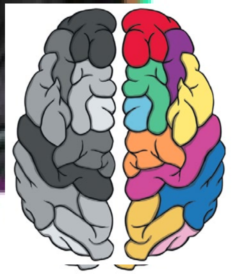












Inspirational Examples

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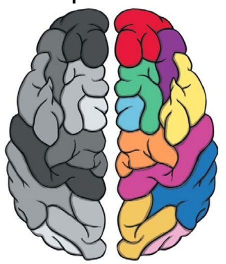
Ffocws yr ysgol / School Focus

- Mae'r staff cyfan wedi derbyn **hyfforddiant** – gan gynnwys y Pennaeth, athrawon dosbarth a chynorthwywyr.
- Mae **negeseuon cyson** y cael eu rhannu gan y staff trwy arddangosfeydd dosbarth, dulliau cwestiynu a'r iaith a ddefnyddir i ganmol disgyblion .
- Rydym yn hyrwyddo **amgylchedd dysgu gadarnhaol** lle dangosir parch at syniadau pawb
- Rydym yn pwysleisio pwysigrwydd **amser ac ymdrech** yn ystod bob tasg a gweithgaredd
- Rydym yn annog y disgyblion i weld gwerth yn eu **camgymeriadau** ac i'w defnyddio nhw i wella eu gwaith
- Rydym yn annog **dysgu ar y cyd** a helpu ein gilydd er mwyn darparu cyfleoedd i'r disgyblion ddysgu oddi wrth ei gilydd
- Rhoddir amser ar gyfer trafod sut mae'r disgyblion wedi gwella eu dysgu a pha **heriau** y maent (a'r staff) wedi'u hwynebu
- Mae gennym **ddisgwyliadau uchel** o bob disgybl
- Rydym yn annog y disgyblion i **ddyfalbarhau** a **chymryd risgiau** yn eu dysgu – rhaid mentro i lwyddo

- All staff have received **training** – including the Headteacher, classroom teachers and classroom assistants
- **Consistent messages** are shared by staff through class displays, questioning styles and the language that is used when praising pupils
- We promote a **positive learning environment** where everyone's ideas are respected
- The importance of spending **time and effort** on all tasks and activities is emphasised
- Pupils are encouraged to see the value in their **mistakes** and use these to improve their work
- **Collaborative learning** and helping each other is encouraged giving opportunities for pupils to learn from each other
- Time is spent discussing how pupils (and staff) have **improved their learning** and what **challenges** they faced
- There are **high expectations** of all pupils
- Pupils are encouraged to **persevere** and **take risks** in their learning – nothing ventured nothing gained.



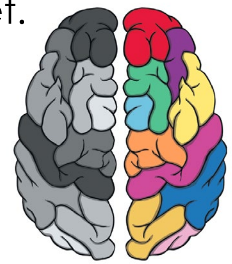
Cymeriadau Meddylfryd o Dŵf Dalgylch Cefni

Mae pob ysgol gynradd yn y dlgylch wedi creu cymeriad i ddysgu am y **Pwerau Dysgu.** Mae stori rhyngweithiol yn cyflwyno'r cymeridau i'r dysgwyr, yn ogystal â chan i atgyfnerthu.

Byddwn yn defnyddio pwerau dysgu yn gyson yn ein gwaith i ddatblygu Meddylfryd o Dŵf

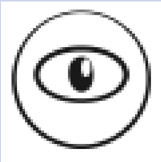
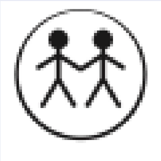
Every primary school in the catchment has created a character to learn about the. **Learning Powers.** An interactive story introduces the characters to the learners, as well as a song to reinforce.

We will use learning powers consistently in our work to develop a Growth Mindset.



Cefni Catchment Area Growth Mindset Characters

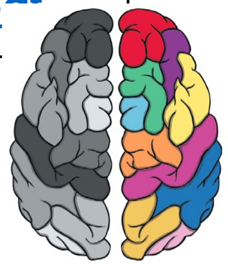
Cyhyrau Dysgu Dalgylch Cefni

		Sali, Osian a Rhys Mwynhau dysgu Enjoy learning			Osian yr Octapws Chwilfrydedd Be Curious
		Gruff Dyfalbarhau (Dal i fynd) Perserverance (Keep going)			Ceri Canolbwyntio Concentrate
		Ceri a Ceuron Cydweithio Collaberate			Capten Piw Parhau i wella (peidio bod ofn gwneud camgymeriadau) Continue to improve (don't be scared of making mistakes)
		Sion Ynyr a Bili Bach Defnyddio Dychymyg Use Imagination			Rhys Cadwaladr Arfon Rhoi cynnig Arni Give it a go

Cefni Catchment Area Growth Mindset Characters

Gwybodaeth bellach – gwefannau i rieni

- https://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things
- https://www.bbc.co.uk/news/magazine-13128701 - The words that could unlock your child - **Matthew Syed**
- http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/GM_mind-shifting-guide_for_parents.pdf
- Methiannau Enwog / Famous Failures: https://www.youtube.com/watch?v=zLYECIjmnQs
- Carol Dweck – Mindset: The new psychology of success: https://www.youtube.com/watch?v=-71zdXCMU6A
- Growth mindsets Dweck-praise-effort
- **http://mereworth.kent.sch.uk/wp-content/uploads/2015/04/growth_mindsets_dweck-praise-effort.pdf**



Further Information – websites for parents

Gwybodaeth bellach – llyfrau plant

Further Information – books for children

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Y gair olaf . . .

Cofiwch

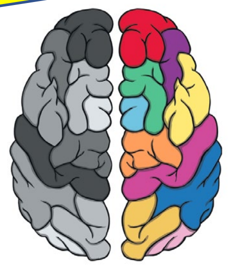
Dwi methu ei wneud o...
Dwi ddim yn gwybod sut i'w wneud o...
Dydw i ddim yn ei ddeall o...
Dydy o ddim yn gweithio...
Dydw i ddim yn dda yn gwneud hyn...
Dydy o ddim yn gwneud synnwyr...

ETO!

Remember

I can't do it...
I don't know how to do it...
I don't understand it...
It doesn't work...
I'm not good at this...
It doesn't make sense...

YET!



The last word . . .