



PESA NSW invites you to

From Barriers to Growth Opportunities: Overcoming Fixed Mindsets

Uncover science-based strategies to accelerate long term growth and mastery in the classroom.

Join **Dr Justin Coulson**, co-host and parenting expert on Channel Nine's "Parental Guidance" and the founder of happyfamilies.com.au, to unpack the real impact of Growth Mindset in classrooms.

As one of the only people in Australia to have conducted mindset experimental research on real participants, Dr Justin Coulson has uncovered the facts (and the myths) about growth mindsets – including what works and what doesn't in real classrooms.

Justin holds a PhD in Psychology and is one of Australia's most trusted parenting experts.

We look forward to seeing you there!

When & Where

Monday 16th September 2024, 2:45pm- 5:30pm
Ravenswood School for Girls, 10 Henry Street, Gordon, 2072

More details and registration

<https://events.humanitix.com/pesa-nsw-t3-event>

Monday
16 Sep

\$35
for PESA
members

\$50
for non-
members



AGENDA

2:45 - 3:00 PM	Registration & Welcome Refreshments
3:00 - 3:30 PM	Wellbeing Walk, Ravenswood School for Girls
3:40 - 5:00 PM	Workshop: From Barriers to Growth Opportunities: Overcoming Fixed Mindsets Presented by Dr Justin Coulson
5:00 - 5:30 PM	Networking

WORKSHOP



From Barriers to Growth Opportunities: Overcoming Fixed Mindsets

Presented by Dr Justin Coulson

Since Carol Dweck's ground-breaking book on growth mindsets, educators have been quick to embrace the Growth Mindset doctrine to boost motivation and achievement in students. Despite this, some sceptics find the growth mindset ideas a little shallow, and too easily based on 'positive thinking'. After all, you can't 'growth mindset' your way out of a learning disability. Moreover, because Growth Mindset has been so widely embraced, many educators have been given incomplete information about Mindset, how it works, and the extent to which it is helpful.

As one of the only people in Australia to have conducted mindset experimental research on real participants, Dr Justin Coulson has uncovered the facts (and the myths) about growth mindsets - including what works and what doesn't in real classrooms.

In this session you'll discover everything you didn't know you didn't know about Growth Mindset. You'll unpack how feedback shapes motivation and achievement, and find out how praise and grades can undermine the very learning we are trying to promote. Plus you'll work on strategies to accelerate growth and mastery rather than performance and achievement - with amazing results.

Dr Justin Coulson is the co-host and parenting expert on Channel Nine's "Parental Guidance" and the founder of happyfamilies.com.au. He holds a PhD in Psychology and is one of Australia's most trusted parenting experts.