



What is LEEP?

LEEP stands for Learner Effectiveness Enhancement Programme. It is based on evidence-based educational research that is aimed at developing a growth mindset that will lead to successful lifelong learning habits.

What is Growth Mindset?

Leading educationalist, Professor Carol Dweck, tells us that we have either a growth mindset or a fixed mindset. In a nutshell, those with a Growth Mindset are more likely to be happy and successful as they know that it is self-belief, effort and hard work that lead to success. Those with a fixed mindset believe that they are either good at something or they are not so are unwilling to take on new challenges or put in that extra effort. Fixed mindset people often miss out on valuable opportunities for fear of failing.



- ✓ More open to challenges and feedback
- ✓ Resilient in the face of failure
- ✓ Convinced effort makes a difference
- ✓ Likely to rise to the top – and stay there

- Think intelligence is a fixed trait – born clever
- See mistakes as a sign of failure
- Do not think that effort makes a difference – ability counts
- Bothered about how intelligent they look



Learner

Effectiveness

Enhancement

Programme

How will the LEEP programme support my child?

Students will have the opportunity to take part in four workshops during their LEEP training to support them in developing their knowledge, understanding and skills in the four key elements of Growth Mindsets. They will use these to improve and strengthen their positive learner habits in the classroom and independently at home.

How can I support my child's development of effective learner habits?

- ✓ Begin by discussing with them the features of a Growth Mindset and how they can identify areas that they may need to change
- ✓ Talk about the benefits of having a Growth Mindset
- ✓ Ask them about the key features of the four key elements of LEEP: Grit, Resilience, Brainology and Language
- ✓ Discuss what they learned about themselves during the LEEP workshops
- ✓ Talk about the areas of LEEP they found most challenging and those they found most rewarding
- ✓ Ask them to identify which of the key elements of LEEP they need to focus on to develop their Growth Mindset