

# Systemic threats to the Growth Mindset: classroom experiences of agency among children designated as 'lowerattaining'

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## Abstract

In this paper, we consider how Carol Dweck's concept of Growth Mindset has been misconceptualised. We explore the proposition that agency is an important aspect of Growth Mindset; and that the effects of hard work by children is reduced when agency is limited. We draw on qualitative data from 84 interviews with 23 participant children who had been designated at the end of their Year 3 as 'lower-attainers' in mathematics/English or both. We explore their experiences of this designation across the first two years of the five-year project. Our findings suggested that participants displayed ample capacity for action, curiosity, engagement and creative learning. However, classroom rules sometimes mitigated against children benefiting from these capacities. Children narrated adopting the performance orientation suggested by Dweck, which could lead to a reduced sense of competence, which itself led to less agentic classroom behaviours.

## Carol Dweck and the Growth Mindset

Carol Dweck is well-known among both academics and educators for her 'growth mindset' theory, which our experience suggests was widely disseminated in primary-schools in England during the early 2000s. It seems to have left a deep impact on schools, challenging long-held beliefs that children are born with innate 'ability'. Dweck's seminal work *Mindset* (2006), drawing on earlier psychological research (e.g. Dweck and Leggett, 1988; Elliot and Dweck, 1988), explained 'why it's not just our abilities and talent that bring us success, but whether we approach our goals with a fixed or growth mindset' (back cover). She clarifies that, 'with the right mindset and the right teaching, people are capable of a lot more than we think' (p.64). This approach seems to have led to emphasis on children's effort rather than only innate 'ability' (although definitions of ability are anyway open to dispute). The negative impact of deterministic discourses of learning on certain children had been highlighted by many educators in the past sixty years (e.g., Jackson, 1968; Ireson and Hallam, 2001; Hart et al., 2004). More recently, Francis et al. (2019), among others, have looked explicitly into the practice of grouping by attainment in England's schools and have demonstrated how this practice might particularly inhibit the learning of children designated as having lower-attainment. Some primary-schools appear to have interpreted Dweck's theories as suggesting that children who struggle at school simply need to work harder, in order to attain the system's goals. In 2017, Dweck reflected on how her theories had been misconceptualised within schooling:

1) *Misconception 1: growth mindset means being open-minded*. Rather, Dweck explains, the concept of growth mindset refers to the proactive process of 'the hard work of cultivating' one's own or others' talents by embracing and working through challenges.

2) *Misconception 2: growth mindset is about children's effort*, especially praising effort, without necessarily linking effort to its outcomes. Dweck insists that effort must be linked to *outcomes* in both the teacher's and the child's mind. When a child does not meet her/his goal, teachers and the child together need to think creatively why effort has not been effective, and choose new strategies, resources or other people's support to improve learning.

3) *Misconception 3: growth mindset means believing that everyone can achieve any goals,* without making reference to what kind of goals they achieve. Dweck suggests in contrast

that, growth mindset only applies when an individual has embraced a goal as worth pursuing as a *learning goal* (Dweck, 2017, pp.215-6).

In our own observations of classrooms (Authors), we have been struck by children's almost ubiquitous belief that if they work hard and exert effort they will be successful in school, achieve good qualifications, and ultimately find satisfying, well-paid jobs. It seems that their teachers have tried to pass on the growth mindset. The problem is, as Dweck herself identifies:

In this era of high-stakes testing, much teaching emphasises memorization of facts, rules, and procedures to 'insure' that students do well on the all-important tests... This may promote more fixed mindsets and perhaps, ironically, undermine students' performance on these very tests. There is nothing like deep learning to insure good outcomes (2017, p.220).

It is this 'deep learning' that is of particular interest to us in this article. Deep learning implies grappling with challenging concepts or ideas in order better to understand and interact with one's world and people within it (Vygotsky, 1962). Deep learning relates to a desire to understand concepts, practices and ideas in more sophisticated ways, linking to those already tackled in prior learning; to construct new meanings and new ways of behaving on the basis of these. It will often entail interacting with others in order to come to this more complex understanding. In these senses, 'deep learning' may also be defined as 'creative learning', because agentic energy and dynamic cognitive effort are demanded. Creativity relates to divergence of thought and openness to experience (Furnham and Bachtiar, 2008) and is antithetical to external regulation (Policastro and Gardner, 1999). Osche (in Howard-Jones, 2002) described creativity as 'bringing something into being that is

original (new, unusual, novel, unexpected) and also valuable (useful, good, masteryoriented, appropriate)' (p.216). When learning entails these characteristics, it can be seen as deep or creative.

The key to deep or creative learning is motivation, including a sense of one's own agency in achieving one's goals, as well as belief in one's own competence to achieve them (Ryan and Deci, 2000). In 1988, Carol Dweck with Ellen Leggett presented findings from earlier studies into motivation. They referred to the *helpless* pattern and the *mastery-oriented* pattern, the first of which relates most to *performance* and the latter to deep *learning*:

The helpless pattern... is characterized by an avoidance of challenge and a deterioration of performance in the face of obstacles. The mastery-oriented pattern, in contrast, involves the seeking of challenging tasks and the maintenance of effective striving under failure (p.256).

Dweck and Leggett explain that some people perceived their goals as *performance goals* while others pursued *learning goals*. Performance goals were concerned with individuals trying to gain favourable judgements about their competence by *proving* it to others, mainly driven by external motivations. Learning goals related to individuals seeking to *improve* their competence, seeking improvement for their own satisfaction and thus driven mainly by intrinsic motivation. Dweck and Leggett considered striving towards *learning goals* as important because 'enjoyment of challenge and willingness to sustain engagement with difficult tasks ... must maximise attainments in the long run (p.257)'. They add, significantly: 'Of course, individuals need to be able to gauge when tasks *should* be avoided or abandoned (ibid.)'.

Dweck and Leggett's paper (1988) also refers to Dweck and Elliot's (1988) observation that when *learning goals* were emphasised, then learners were less likely to take account of their prior attainment or 'ability' as they tackled a task. On the other hand, when performance goals were promoted, because these specifically highlighted attainment and prior performance, they led lower-attaining children to adopt a helpless rather than masteryoriented achievement pattern. They concluded:

The great majority of children in the evaluation-oriented condition [ie *performance goals*] sacrificed altogether the opportunity for new learning that involved a display of errors or confusion (ibid., p.259).

They therein highlighted the threats presented to the growth mindset by a systemic culture which focuses more on performance than learning. These findings suggest that when lower-attaining primary-school-children are presented with the kind of goals distinctive of a performativity culture (ie judgements, comparisons, rewards, sanctions; see Ball, 2003), they are more likely than their higher-attaining peers to adopt a helpless approach. In contrast, when a child's confidence in their competence is already high, such performance goals produce mastery-oriented behaviour which has undoubtedly 'fuelled many great achievements (p.260)'. Our investigation is directed towards experiences of lower-attaining children in schooling cultures dominated by performativity. Unfortunately, even where grouping by attainment ('ability' grouping) has been abandoned, the performative system reinforces the idea of children positioned on a descending scale of attainments which also represents their descending value to the school (Authors). In this paper, we explore how these children experience agency, beliefs about their competence and the influence of both

of these on the development of a growth mindset, or determination to pursue deep, creative learning.

#### Agency

The purpose of exploring these psychological theories, despite the sociological leaning of our research, is to highlight their potential impact on the current and future learning of substantial proportions of school populations. In particular, we focus on children's agency, because agency feeds both creative learning and well-being. Helwig (2006) describes agency as an essential aspect of the human propensity for curiosity and creativity which are also bases for human well-being. Giddens (1984) emphasises agency as providing opportunities to 'make a difference' or exercise 'some sort of power' (p. 14). Yet in primary-schools, children have few opportunities for making a difference or exercising power. We ask how restricted agency influences their capacity to learn in creative, meaningful ways at school. In particular, we explore influences that relate especially to the sense of competence experienced by children who have been designated by the schooling system as 'lowerattaining' or as attaining 'below expectations'.

#### The role of agency in creative, meaningful learning

Vygotsky (1962) stressed that the teacher aided the child to develop as a person in society, willing and able to experiment with the knowledge they were grappling with, to make it personally meaningful and to connect it to previous knowledge. Piaget (1964) emphasized that the child made their own sense of their surroundings and continually added to the sophistication of meanings they made. Such autonomy is a manifestation of agency (Bandura, 1989) and includes the following:

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The capacity to make decisions and to exercise control over important areas of one's life (Ryan and Deci, 2000). Autonomy ... related to the development of a sense of self and as assisting in the construction of a personal identity (Helwig, 2006, p.459). In their internationally-tested theory of Self-Determination, Ryan and Deci (2000) made a critical distinction between:

- behaviours that are volitional and accompanied by the experience of freedom and autonomy ie those that emanate from one's sense of self; and
- behaviours that are accompanied by the experience of pressure and control and are not representative of one's self (p.65).

Chirkov (2009) claimed that across a range of cultures:

Autonomy support from teachers and parents has been associated with ... high academic outcomes, better psychological well-being, few problem behaviours, high self-esteem, less dropping out, and strong persistence in educational settings (p.257).

Helwig (2006) emphasised the negative psychological effects associated with others' overcontrol of the personal domain, especially over children's bodies, appearance, friends, food and recreation. Negative effects included lowering of achievement scores at school as well as lack of general well-being (2006, p.466). In order to feel autonomous and draw on one's agency, Jang, Kim and Reeve's research (2012) suggested that children in the classroom need to believe and feel that the teacher responsively supports their challenging journey towards meeting meaningful goals. However, as Ryan, Deci and colleagues found in widely varying contexts (Chirkov, 2009; Helwig, 2006; Sheldon, Abad, and Omoile, 2009), agency is *essential but not sufficient* for creative learning. Most crucially, Niemiec and Ryan (2009) claimed that:

Feelings of competence will not enhance intrinsic motivation unless they are accompanied by a sense of autonomy or, in attributional terms, by an internal perceived locus of causality (p.58).

The child who experiences a sense of autonomy in the classroom, reflecting agency, *must already believe that they have competence* in order to draw effectively on that agency. Drawing effectively on agency is a key ingredient for creative, meaningful learning. (Self-Determination states that a sense of relatedness is also indispensable). Our research sought to explore how competence and agency interrelated in the deep learning of children in our sample who had already been designated as lacking in competence.

#### The significance of exploring competence and agency in schooling

From our sociological perspective, agency is seen in the context of explicit purposes for schooling (Schiro, 2013). If the purpose of schooling is enhancing all people's well-being and social interactions in the world which demands individuals exercising agency (Fielding, 1996; Freire, 1972), then it is important to explore threats that schooling presents to agency. Political discourses often emphasise the need to bridge the gap between privileged and disadvantaged sectors of society. Attending to the interplay of competence and agency in the classroom is one route to confronting such injustice. Dominant goals for schooling in England tally well with the global culture of performativity (see https://www.gov.uk/government/organisations/department-for-education/about). To use Ball's (2003) words, by performativity we mean:

A technology, a culture and a mode of regulation that employs judgements, comparisons and displays as means of incentive, control, attrition and change based on rewards and sanctions (both material and symbolic). The performances (of individual subjects or organizations) serve as measures of productivity or output (p.216).

This culture of performativity is likely to direct children's energies towards *performance goals* in schools, rather than on mastery of personally meaningful skills and knowledge, in *learning goals*. This article seeks not to prove or disprove psychological theories but to illustrate their day-to-day operation within classrooms, and implications for a just global society. Our research questions were:

- How do children designated as lower-attaining describe opportunities to express agency at school?
- How does their sense of competence relate to agency and therefore to adoption of a performance or learning orientation?

## **Research design**

#### Methodology

Our research took the form of life-histories in a five-year longitudinal study of 23 schoolchildren from Year 3 (aged 7-8) to Year 7 (aged 11-12) (C.L.I.P.S). Funded by the Leverhulme Trust, the project's long-term goal is to construct with each child their school-life history as described by Goodson and Sykes (2016), exploring how their designation as 'lower-attaining' influences their orientations to learning and schooling. Plummer (2001) proposed that life histories reveal the depth and complexity of human experiences, of power, and of other social dynamics, enabling the researcher to consider multiple levels of the phenomenon under investigation. This same methodological approach allows us to investigate in great detail how schooling is experienced by diverse individuals. Our interpretivist stance means that we do not look for an external truth but accept that each narrative is the child's version of the truth.

#### **Research design**

#### Sample

We gained access to two inner-city London schools, in addition to one suburban academy near London and one rural school outside London. All the schools had relatively disadvantaged demographics, had been assessed as good or outstanding by Ofsted and had at least two classes in each year group. We asked each school to invite six pupils to participate, whom they identified as lower-attainers in terms of mathematics and/or writing. We excluded children with a state-funded designation as having a learning disability (Education and Health Care Plan). One child in our sample moved away, leaving 23 out of our original 24 children. By the end of the second year, our 23 children were attending seven schools as children moved schools. There were 11 boys and 12 girls; nine had Pupil Premium status, indicating socio-economic disadvantage; nine could be classified as white British while the remaining 14 identified as Bangladeshi, Black African, Black Caribbean, Brazilian, Czech, Turkish, Moroccan, Spanish or a combination. In our first meeting with them, they chose a 'secret' name, which became their permanent pseudonym.

This paper draws on data collected up to the the end of the fifth visits of the project during its second year. Our writing therefore addresses data from VISIT01 to VISIT05, starting from the term in which the children were at the end of school Year 3, covering the time up to the end of the first term of their Year 5 school year.

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## Instruments

We developed a range of child-friendly data collection activities that were simultaneously productive in data and enjoyable for children. Altogether, we carried out 84 interviews of 60-90 minutes each. We conducted 22 interviews with two or three children at a time; and 62 individual interviews. Initially we had planned to carry out all interviews with pairs of children but after our first round of paired interviews, we decided that individual interviews would normally provoke richer data. However, solely during VISIT05, we reintroduced some paired interviews at the children's request. In most cases, we also carried out a classroom observation for each child. We observed the child in class and noted down their actions and expressions during 20 minutes of the session. The interviews were carried out in private spaces that schools provided. The initial interviews with two or three children at a time allowed us to become familiar with the children while they had the security of peers to support them. In all interviews, we made sure that the children wished to be there and where appropriate, we provided refreshments to create a sociable atmosphere. All interviews were audio-recorded and sent for transcription using secure transfer systems.

#### Analysis

Initially we analysed our transcripts using pen and paper. As a team of three, we developed codes inductively for eight pupils each; then discussed and refined codes collaboratively. We fed all our second visit's data into securely-saved NVivo11 files and applied the codes we had previously agreed to the new data-set. As we coded, we constructed new codes inductively, which we discussed until we were all satisfied with our list, at which point we re-coded all interview transcripts from summer 2018 [VISIT01]. We followed the same procedure, this time exclusively using NVivo, for terms 1, 2 and 3, 2019 [VISIT03-05]. At the

end of five terms, we were then able to print out reports for all children for 42 codes from 84 interviews. For this current paper, we drew primarily on data labelled under the following emergent codes: conformity; resistance; resilience; sense of voice; beliefs about success/failure; rewards/sanctions; expressions of competence/incompetence; views of the 'top'/'bottom' of the class; and lessons as boring/engaging.

### Ethics

We followed British Sociological Association guidance on ethical procedures and had clearance from UCL Institute of Education Ethics Committee. We were engaging with very young people who could be vulnerable. Therefore, firstly, we gained pupils' verbal and written consent and emphasised that the process was voluntary and they could leave any time. We explained in writing and verbally what the project would entail. We shared this with parents and gained parents' and pupils' consent at repeated intervals. Secondly, we were investigating a sensitive topic which needed to be handled delicately. We did not wish to cause harm by hurting feelings. We therefore found ways of explaining why children had been chosen, without suggesting that children lacked talent. Thirdly, we were inviting children to reflect on and critique the institution of schooling, which was potentially provocative for schools or policy-makers. We therefore had to ensure that participants were completely convinced of the privacy and anonymity of interview data, both of which we strove to maintain with the greatest rigour.

#### FINDINGS

# Children's experiences of agency manifested in activity, curiosity, engagement and learning

From observations and interview comments or actions, we perceived that some of the 23 children were intrinsically motivated to learn, and adopted a *learning orientation*. This suggested that they had chosen to adopt the school's goals as their own or adapted their own goals to the school's (Ryan and Deci, 2000). Rosie, for example, demonstrated her agency when she told us that while waiting for help from her teacher in class, '1 carry on thinking, but I also put my hand up until she comes' [VISIT02]. Rosie was quiet and compliant yet her actions suggested that she fostered a *learning orientation*. For example, she put herself forward as school council representative and had to draft a speech to justify herself. Other children sometimes displayed this *mastery approach* within classroom learning, where they seemed fully engaged and eager to know and understand more about a topic in class. For example, Anna, JohnWick and Bob found it inspiring to learn about the Black Death when they entered Year 5 [VISIT05].

At other times, however, the children seemed to encounter a chasm between their own learning goals and those assumed within schooling. This finding may reflect Dweck's (2017) description of performative-oriented children: 'Somewhere along the line, [their] intelligence became disconnected from [their] schooling' (p.59). Because of the system's emphasis on writing and mathematics, they perhaps felt that their own *learning goals* could not be integrated into school. For example, Anna loved drawing but she admitted: '[The teachers] don't know how good I am at drawing . . . because I don't really feel like I have to show my true drawings or identity to the school [Anna, VISIT03]. Similarly, Ben was passionate and

knowledgeable about deadly animals but noted that the school as an institution 'wouldn't know how good I know about animals.' [Ben, VISIT03] Max was seen enthusiastically volunteering sophisticated information about astronomy during a lesson on space, but noone in class was paying attention [Max, VISIT02]. Ryan described wanting to learn French, but missing out completely on learning French, because he was being taken out to study mathematics. He was anyway studying Russian by himself at home [Ryan, VISIT02]. Children described *learning goals* they pursued outside school, for example, being good at sports [Neymar, VISIT01]; being funny, fun, kind or loving [Anna, VISIT03; Bella, VISIT03;

Britney, VISIT01; Chrystal, VISIT03]. Bella notably prioritised health and family overher attainments at school. In brief, among our 23 participants, all chosen for being below the norm in relation to either mathematics or writing (or both), there was expertise in several sports, knowledge of other languages, cultures and countries, knowledge of animals and nature, expertise in computers and several artists. The children demonstrated the competence and agency to pursue these *learning goals* successfully, but appeared to perceive them as distinct from the schooling system's *performance goals*. These did not always appear to them as worthwhile or achievable goals to pursue and master in their own right. These findings illustrated the fluidity of their identities and how different contexts allowed them to draw differently on their agency. However, we note that agency is not measurable and some behaviours may include aspects of agency, even when agency is restricted.

#### Children's experiences of restrictions to their sense of agency in the classroom

Britney [VISIT04] told us: 'It's like someone telling me to do something, and I don't want to do it because it's boring – but I have to do it because if I don't do it I would get in trouble.' In

other words, her motivation for such learning was extrinsic and her own sense of agency restricted. Anna was 'joyful' outside class but bored within; Summer was chatty at home, but silent in class; Ben described himself as normally 'energetic' and 'adventurous' as a person, but in class he did not ask questions [VISIT03]. Despite the children's obvious capacity for agentic thinking and acting, nearly all the children emphasised the primary importance of conforming to agency-restricting classroom rules; in particular, listening rather than talking; holding one's body in fixed ways rather than comfortably; and working hard rather than working creatively. Some of these examples illustrate that actually agency was used productively *in order* to restrict unhelpful behaviour.

#### The children were instructed to keep quiet and listen to the teacher

The children seemed to accept that the key to school success was listening. Learning by listening suggested that learning meant 'being taught' (Watkins, 2005) rather than making their own sense of surroundings, continually interacting with others to add sophistication to meanings they made. They rarely if ever mentioned to us about the need to interact with peers to express ideas or misconceptions. They seldom mentioned the teacher listening to *their* needs or encouraging them to ask questions (Jang et al, 2012). Instead, some were eager to show us how well-behaved they were. For example, Dragon recognised thankfully that his ADHD medicine had made him 'a bit more good' [VISIT03]. Ben saw the advantage of being very shy, as he appeared to be always listening and was never disruptive [VISIT03]. Landon suggested that when a child like him finds it hard to listen, he needs discipline to coerce him to work hard, 'He has to go to detention ... So he can listen' [VISIT02]. While of course listening to the teacher is important when s/he is explaining a new concept or giving

instructions, children in our sample appeared to consider being quiet and listening to the teacher almost as goals in themselves despite the threats they posed to their use of agency.

#### The children's bodies were restricted in class

Jang, Kim and Reeve's research (2012) suggested that to enjoy autonomy, children in the classroom needed to feel that their teacher provided them with choices. However, in our project, it was common for children to be told where to sit rather than asked where they would work best. The child's preference was rarely considered. Jeff [VISIT03] told us that he was paired in class with another child, Finlay, whom Jeff described as the one person in school he really did not like because he talked too much in lessons. Jeff told us, 'I always listen to the teacher.... And Finlay is just 'blah blah blah''. Despite listening hard and trying hard, Jeff's agency was threatened by being placed in a detrimental position.

JohnWick enjoyed shouting, 'No teacher: party! ... No rules for us!' suggesting that teachers were associated with restrictions in his view. During our interview role-play of a classroom using the dolls-house and small animals, most children chose the giant tarantula when asked which animal best represented the teacher, suggesting a negative and slightly scary image. Dragon found frustrating the teaching assistant who sat with him. He explained how he was feeling:

Yeah... I was thinking 'You get out of here, I hate you'... I say it in my head... I'm thinking like 'Shoo off' [VISIT01].

Similarly, during VISIT01, Alvin explained his sense of frustration with the teacher's attempts to help him:

I'm trying my best but [Teacher] said every time to *draw* it. ... I want to try it like *I* want, [but] he keeps saying that I need to try it like *that*.

Sometimes teachers prescribed how the children held their bodies, even when this threatened their agency. Several children mentioned finding it difficult to learn when sitting on the floor. Similarly, teachers of two different children in different schools, admonished them for 'not concentrating' because they were not looking towards the front of class. Both children complained that they were concentrating, just looking a different way [Ben, VISIT05; Ryan, VISIT04]. Such feelings are signs that creative learning is unlikely to occur, despite the best intentions of the teaching staff.

## Children described needing to work hard at all times, regardless of achieving goals

Dweck and Leggett refer to 'enjoyment of challenge and willingness to sustain engagement' as being important for maximising attainments in the long run; however, 'individuals need to be able to gauge when tasks *should* be avoided or abandoned (1988, p.257)'. The children in our project tended to believe that it was the hard work itself that led to success, whether or not any signs of success were evident. Bob [VISIT03], for example, prescribed more hard work for a classmate for whom current arrangements had so far evidently failed:

Bob: Let her stay for her whole lunchtime... because that's one hour... Work! The children also seemed to share the other misconception expressed by Dweck (2017), that everyone can ultimately achieve any goals. They did not differentiate between different *kinds of goals* or question what strategies, resources or other people's support might be necessary to make the learning process one of 'enjoyment of challenge and willingness to sustain engagement'. Jeff declared that anyone could be successful if they tried hard. Then he told us that he himself tried hard. He did not note any contradiction between his own attempts and his frequent lack of success in writing and maths [VISIT03]. We wondered at which point he and his teachers might decide that 'tasks *should* be avoided or abandoned'

because the current strategies and resources were not linking his efforts to evident success. His own narratives suggested that he had not introjected school goals as his own *learning goals* but focused on the short-term goals of good listening and trying hard. With regards to school work, he aimed to complete this as fast and painlessly as possible [VISIT05].

Ben, in contrast, recognised that he was praised for working hard; but also perceived that he did not understand most of what was being taught and never achieved high marks at school [VISIT05]. He continued to try hard; and continued to feel 'dumb'. His own espoused *learning goals* seemed to exist in parallel with schooling's goals, as he showed extensive interest and knowledge about the natural world outside of school. A question we had about Ben was, given the evidence of his creative, sophisticated learning in his alternative areas of interest, was it appropriate to keep 'trying hard' to reach schooling goals that repeatedly eluded him?

#### The expression of agency through resistance to restrictions

There were other ways in which we perceived that children exercised agency within school, not always in productive directions. Displays of frustration were one sign of a child acting on their agency and pursuing their own goals, often in defiance of social norms. Zack narrated to us about his displays of anger, but he saw these as useful to him, as he believed that this made some children 'scared of me' [VISIT02]. Chrystal [VISIT02] told us that some people thought she was rude. She added, 'I'm not really rude, it's just that *I'm standing up for myself*'. While such comments perhaps suggested the vulnerability and isolation of these lower-attaining children, they also demonstrated their determination to defend themselves and not simply comply with what others wanted.

Jerry was perhaps the least afraid of pursuing his own actions against the restrictions of the teachers. From VISIT01 he admitted that he often shouted out in class because he was bored of waiting. Once, he called out: 'Can I go and explore, because this is too boring'. He added: 'I was made to stay in for lunch and breaktime'. When we observed Jerry in class, he pretended to have finished reading his book when actually he had not, attaining undeserved praise from the teacher. By pursuing his own alternative agenda through deception, these children could be identified as pursuing 'anti-conformity' or 'deviant' behaviours (Pollard and Filer, 1999, p.297), but perhaps the exercise of agency that these demanded was satisfying in its own right.

Ryan explicitly explained to us during VISIT01 that to be successful as a person, one should 'think what's right for yourself. Don't copy other people'. When asked to draw his selfportrait, he surprised us by choosing to present himself as an old man in the future because this idea 'popped up in my head' [VISIT03]. When Ryan made a mistake or gave a wrong answer, he was not ashamed but wanted to tackle it and master it for himself. He found it annoying when the teacher asked other people to help him [VISIT02]. In Pollard and Filer's terms, these could be described as 'non-conformist' behaviours that could also be satisfying in their own right as they accommodated an exercise of agency.

Other children seemed to hide their frustrations 'behind a veil of compliance' (Fisher, 2011). They did not behave deviantly or in non-conformist ways but they felt the anger inside, rebelling against it in their own quiet ways. Ben [VISIT05] among others explained how he was not allowed to complain, even when a punishment was unfair, for fear of another minute being deducted from his playtime as punishment. Summer [VISIT02] told us, in relation to restrictions around personal aspects of autonomy (Helwig, 2006), such as food, drink and going to the toilet:

I hate school because, like when I want a drink I can't go off and just get a drink, I've got to ask the teacher- sometimes they say no. And ... I can't go to the toilet... I'm like 'Oh my God I can't hold it in'.

In VISIT04 she acted out an imaginary scenario in which the learner makes it clear to the teacher that she does not want to do a maths test, but the teacher makes her do it:

Summer, being a pupil: Oh I don't like maths, I don't want a maths test...

Summer, being a teacher: Well you have to, or you get sent out.

Interviewer Laura: Oh! What does she do now?

Summer, describing the pupil: She's shocked, and she goes back in her seat...

Ryan and Deci (2000) made a distinction between behaviours that were volitional and accompanied by the experience of freedom and autonomy ie emanating from one's sense of self; and behaviours that were accompanied by the experience of pressure and control which were not representative of one's self (p.65). In all the above cases, the children appear to be carving out for themselves a sense of freedom and autonomy, even internally in their minds, because of the pressure and control that they were resisting. These expressions of agency in alternative contexts may however have worked against their mastery of classroom *learning goals*.

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### Children's adoption of a performance orientation

Fear is a dominant feature within cultures of performativity. Fear drives people towards actions to relieve their fear (Fisher, 2011; Holt, 1964). For the children we worked with, fear of appearing or feeling 'dumb' was exacerbated by children's fear of reprimand by those who judged them. Fear about punishments seemed stronger than fear of not receiving rewards, and considerably stronger than the desire to master *learning goals* for their own satisfaction. For example, Lucy admitted that she did not put her hand up to answer any questions unless she was quite sure that she was right, because she was anxious about being reprimanded. When asked how she felt when reprimanded, she replied, 'Scared... and sometimes I get dojo points off [ie reward-points off]'. The teacher never told Ben off [VISIT05] for not knowing an answer, but he added, 'If she tells someone off near me I get really worried... panic'. If the teacher asked him a question to which he did not know the answer, he would 'freeze'. John Holt pertinently wrote in 1964, that many children are scared 'of disappointing or displeasing the many anxious adults around them' (1964, p.9). Some of our participants' striving for approval and reward suggested that they were more motivated by gaining adult approval than by grappling with the learning itself. While it is natural and potentially helpful that children sought to please parents and teachers with their achievements, it could become destructive to learning if this approval became a goal in itself.

Speedy working was part of the performativity culture and those who worked more quickly won more prizes. We asked Jerry, during VISIT05, whether it was more important to him to be well-behaved or 'smart'. His reply reflected his performative approach to school learning: 'Smart. Because if you're smart you'll get to have a lot of fun things. Like if you finish your work quickly you might be able to draw like a little picture'. And yet, in deep, creative learning, speed may not be a benefit and indeed, careful thought, and experimenting patiently with ideas, are fundamentally valuable. The focus on speed was both anti-learning oriented and also led some children to prioritise completion over learning. This was exacerbated when failure to complete was punished by being kept in class during breaktime or lunchtime. Summer admitted on one occasion, 'I finished my work and then someone was still working and they had to stay in, and I was like 'I'm glad that's not me'' [VISIT02].

#### Competition and the performance orientation

Teachers cannot control what parents focus their praise on, but teachers themselves can encourage *learning* rather than *performance* – especially *learning* rather than competition – in the classroom. Certain participants were particularly motivated by winning, within the competitive environment. For example, Zack's [VISIT03] motivation for reading books was to win:

Zack: For reading a book I get three dojo points...

Interviewer Denise: How many dojo points do you have to get, to get a prize?

Zack: Um, no you just have to get the most out of everyone.

Similarly, Mohamed told us that he wanted to be not only praised by his mother and the teacher, but be 'the best student in the whole class', also emphasising the competitive aspect of his goals rather than the mastery aspect [VISIT02]. This competitive aspect belongs clearly to the performativity culture of schooling and plays no role in creative learning except to erode it. For example, Chrystal rejected the idea of innate 'ability' but promoted competition instead, when she advised the teacher to say to the pupil who felt unsuccessful, 'One day you'll be smarter than everyone in the class' [Chrystal, VISIT03]. The competitive

culture could lead to lower-attaining children being considered less worthy. JohnWick [VISIT05], for example, referred to those in his class who needed more help than him as 'tiny babies and they don't really know anything as much as I do ... I do more harder work'. While his comment possibly reflects his own sense of incompetence, it stems from the systemic legitimation of the classroom competition.

#### How competence related to children's sense of agency

Watching faster peers go out to play could be a vivid reminder of one's comparative incompetence, immediately putting lower-attaining children at greater risk of feeling *helpless*. Bob's comment summed up how he perceived the solution to his lower-attainment:

I wish-like-I was a prince of-like- the United Kingdom so every time I go to schoollike- the manager would come with me, behind, and tell me all the answers [VISIT05].

For Bob, it seemed that teaching was telling, learning was listening (Watkins, 2005). Lowcompetence led to more dependence. Participants stopped trying to act on their agency when the task felt overwhelming and they felt incompetent. The *helpless approach*, would then lead to boredom, especially since the children in our sample typically found it problematic to sit still and listen when they were not drawing on their agency. They were therefore likely to adopt an even more *helpless pattern*, characterized by an avoidance of challenge, lack of engagement and then a deterioration of performance, in a downward spiral. In some cases, children resorted to minor deceptions because they did not feel competent enough to engage with a lesson. They used these to avoid the challenge before them. JohnWick [VISIT03] told us that sometimes he was pretending to learn in class: 'I was

just looking at the board and writing, but I wasn't actually writing it... some of the questions are hard'. Summer described how, at home, when her mathematics homework sheets seemed too hard, 'My mum just bes quiet and just puts them in bin' [VISIT05]. Neymar and Jerry suggested that a good strategy for facing a difficult test was physically to hide away from it [Neymar, VISIT01; Jerry VISIT04].

In addition, it may be that these lower-attainers were given less interesting work to do than higher-attaining peers (as indicated by Hallam & Ireson, 2005). Certainly some children themselves believed that they were less desirable students to teach. Jerry perceived that teachers might be in trouble because of lower-attainment: 'Other teachers might tell that teacher off, for making them [the pupils] get low marks'. Ben and Bella [VISIT05] both agreed that it was more tiring to teach lower-attainers because teachers had to mark their work more and re-teach topics. However, most children expressed their own responsibility for achieving well, because they believed that anyone could achieve anything through exerting enough effort. If they did not succeed, the children assumed that they had not tried hard enough. This was particularly demotivating for this set of children who often tried very hard but still did not succeed as expected. The children therefore sometimes expressed resignation that they were defeated and then blamed themselves for this. Jerry [VISIT05] embodied the view of personal blame, despite contradicting his own previous comment about teachers being responsible for children's performance:

If [children] don't do good then it was their fault. Because the teacher has explained it all but like they were probably not listening...In other words, Jerry was rejecting the concept of innate 'ability' and replacing it with belief in an uncontested capacity

 for children to achieve schooling's goals through their own hard work, regardless of the evidence against this and regardless of the goals imposed.

#### Discussion: threats to the Growth Mindset

Our research sought to explore how competence and agency interrelated in the deep, or creative, learning of children in our sample who had already been designated as lacking in competence. Deep learning implies grappling with challenging concepts or ideas in order better to understand and interact with one's world and people within it (Vygotsky, 1962). The key to deep learning is motivation, including a sense of one's own agency in achieving one's goals, as well as belief in one's own competence to achieve them (Ryan and Deci, 2000). However, our detailed qualitative data have illustrated to us that a growth mindset, involving children's willing and enjoyable engagement with learning challenges, was threatened in the primary-school by the systemic promotion of conformist behaviours, competition and comparisons of pupils' respective attainments. Among children designated by the current schooling system as lower-attainers, some children such as Rosie, Ryan and Bella still managed to persevere with a *learning orientation* at school, despite an environment heavy with performances, judgments and competition in which they did not always do well. These children seemed to adopt schooling's goals as their own; and engage willingly in learning challenges despite their relative lower-attainment. Other children appeared to tolerate the restrictions placed on them to control their voices, their bodies and learning focuses; but some inwardly resented the restrictions; and their frustration may have interfered with a *learning orientation*. Others, such as Johnwick, Anna and Jerry rebelled outwardly against the restrictions, potentially thwarting their best chances of

cultivating a healthy mastery of their own talents; but anyway achieving expression of agency through alternative means.

As Dweck's (2017) theories predicted, when the children are most acutely aware of and disturbed by being designated as lower-attaining, this threatened children's desire to act agentically in order to attain the prizes valued by the system. This also led them to become more passive and engage less. In our study, there was a group of children who seemed to take the more *helpless* approach to school learning, such as Jeff, Chrystal and Britney. These children seemed very aware of their labels as lower-attaining, even to the point of never referring to it - as a protection of their sense-of-self. When faced with challenges, they tended to react as Self-Determination Theory predicted (Ryan and Deci, 2000), with a helpless sense of incompetence that stifled their sense of agency and sometimes made them unwilling to engage at all. This is one response to Dweck's (2017) question, 'What are the events or situations that take us to a place of judgement rather than to a place of development?' She goes on to ask,

Great contributions to society are born of curiosity and deep understanding. If students no longer recognize and value deep learning, where will the great contributions of the future come from? (p.220)

Our study suggests that, if we sustain our current schooling system in England (and potentially other countries), 'great contributions' will be largely confined to those children who feel high competence and therefore harness their agency most effectively to overcome challenges in schooling. If children's school identity continues to be defined by their attainments in mathematics and/or writing, the system will continue to widen the gap between those who start with advantages in life and those who do not. In Nancy Fraser's

(2008) words, the meritocratic policies of the performativity culture imposed on schooling, accompanied by upward distributions of wealth globally, legitimate the 'exclusionary vision of a just status order' (p.128). Our data have suggested that our schooling system, in England at least, fosters neither the right mindset nor appropriate supports for learning whereby the active, curious engagement of all young children is harnessed to *learning goals*. To add to Dweck's conceptualisation of the growth mindset, Jerry's words were especially insightful, in that he rejected the concept of innate 'ability' as the growth mindset would propose: and yet, he seemed to replace it with belief in an uncontested capacity for children to achieve schooling's goals through hard work and compliance, despite the evidence he possessed to dispute this. Rather than fixed ability to attain at school, he referred to a fixed ability to concentrate compliantly at school. This may be seen as the new barrier to justice. The particular children we researched with were rarely mastering their own desired attributes through a proactive process of enjoyable, challenging learning at school. For example, Anna liked to draw outside school; but art lessons at school were infrequent and limited in scope compared to mathematics/English. The system thereby threatened the development of a growth mindset among the very children who stood to benefit most from its development. Our research findings highlight the potential damage that can be done to children's creative learning by the systemic emphasis on a very limited collection of prizes in very limited subject domains in highly controlled classrooms. This damage occurs, despite our knowledge that agency is an essential aspect of the human propensity for curiosity and creativity which are also bases for human well-being (Helwig, 2006). Only by recognising the perspectives and goals of all school-children, providing opportunities for all young people to 'make a difference' and exercise 'some sort of power' (Giddens, 1984, p. 14) will we be able to recognise and respond when the *status quo* needs to change.

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