

## LEARNING SNAPSHOT

# Habits of Mind—Developing a Growth Mindset

- Dweck’s research on mindsets identifies two distinct ways in which individuals view intelligence, talents, and learning. Individuals with a *fixed mindset* believe that their intelligence and talents are inborn traits (Dweck, 2006).
- In contrast, individuals with a *growth mindset* believe that they can develop their intelligence and talents over time (Blackwell, Trzesniewski, & Dweck, 2007; Dweck, 1999; Dweck, 2006).
- Intelligence and talents are malleable and can be cultivated in the classroom by providing students with strategies and supporting their efforts (Dweck, 2006).
- Students with a growth mindset seek out challenges, see efforts as the basis of their achievement, and utilize feedback as a tool for improvement. A growth mindset can be taught in the classroom by providing students with strategies and by supporting their efforts (Dweck, 2006).
- Students can be provided with praise that focuses on the process of learning, such as their efforts, strategies, persistence, grit, and improvements (Dweck, 2006).
- Constructive criticism can be utilized through feedback to help students make improvements in the process of learning (Dweck, 2006).
- Dweck (1999; 2006) states that resilience is an important part of motivation and academics, and she asserts that many human characteristics are alterable and malleable, including one’s propensity toward resilience. As such, educators might view grit or perseverance as the “how” of learning, which Pappano (2013) suggests is of equal importance to the “what” of learning.

## Instructional Practices

- Show challenges as strengthening the brain.
- See challenges as vehicles for feedback and for determining a course of action to take.
- Place importance on attitude, effort, and strategy.
- Turn mistakes into opportunities, and help students try different strategies.
- Help students establish goals and celebrate small accomplishments.
- Provide opportunities for students to persevere through slow learning to overcome learning obstacles.
- Utilize a “not-yet” grading designation instead of noting failure.
- Help students embrace the viewpoint that intelligence and talents are flexible and are developed through perseverance and hard work.

## Resources

### Mindset Website

This website defines the term 66 and explains the differences between the mindset types and why people differ. It also provides links to other information on the topic.

<http://mindsetonline.com/whatisit/about/>

### **Journal of Personality and Social Psychology Article: Grit: Perseverance and Passion for Long-Term Goals**

Researchers Angela Duckworth, Christopher Peterson, Michael Matthews, and Dennis Kelly present the methodology and results of their study on the role of grit in achievement.

<http://www.sas.upenn.edu/~duckwort/images/Grit%20JPSFpdf>

### **Psychological Science Article: Self-Discipline Outdoes IQ in Predicting Academic Performance of Adolescents**

Based on their longitudinal study, this journal article's authors Angela Duckworth and Martin Seligman, believe that programs that build self-discipline may be the road to building academic achievement.

<http://www.sas.upenn.edu/~duckwort/images/PsychologicalScienceDec2005.pdf>

### **Inside Quest Video: Carol Dweck on the Growth Mindset and Embracing Failure**

Author and psychologist Carol Dweck discusses why you shouldn't praise intelligence and how to think like a learner again.

<https://www.youtube.com/watch?v=BHIFdPzqwKM>

### **Stanford Video: Developing a Growth Mindset**

Professor Carol Dweck answers questions and discusses her work on developing mindsets in helping students succeed in the classroom.

<https://www.youtube.com/watch?v=hiiEeMN7vbQ>

### **TED Video: The Power of Believing That You Can Improve**

Carol Dweck describes two ways to think about a problem that is slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet?

[https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve?language=en](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en)

### **TED Talks Education Video: The Key to Success? Grit**

Angela Lee Duckworth shares the theory of "grit" as a forecaster of success.

[http://www.ted.com/talks/angela\\_lee\\_duckworth\\_the\\_key\\_to\\_success\\_grit?language=en](http://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit?language=en)

## References

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Dweck, C. S. (1999). *Self-theories: Their role in motivation, personality, and development*. Philadelphia: Psychology Press.

Dweck, C. S. (2006). *Mindset, the new psychology of success: How we can learn to fulfill our potential*. New York: Random House.

Pappano, L. (2013). "Grit" and the new character education: Researchers study how certain performance traits may help students learn. *Harvard Education Letter, 29*(1), 1–3.