

## Growth Mindset: Additional Resources

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### What is Growth Mindset?

Growth mindset is “the core belief that abilities are malleable and not fixed” ([Mindset Works, Inc.](#)). People who have a growth mindset believe that hard work is part of the learning process; setbacks are learning opportunities; and feeling challenged, confused, and frustrated are normal, healthy aspects of growth and learning.

People with a growth mindset are less likely than peers with a “fixed mindset” — those who believe that talents and abilities are hardwired, learning should be easy, and setbacks are signs of personal flaws — to give up or attribute failure to an unchangeable characteristic within themselves.

### Can Growth Mindset Be Taught?

Yes! Studies done by psychologist Carol Dweck and her colleagues at Stanford reveal that learners at any age can benefit from growth mindset training:

- Students who received growth mindset training as well as study skills training had both higher grades and higher motivation than those who received only study skills training.
- It’s never too late: high school students, those performing lowest in their grade level, increased their GPA with growth mindset training. Community college students improved their completion rate.
- Entering freshmen at UT Austin who received a growth mindset intervention in the summer before college were more likely to complete a full load of courses, and the effect was stronger among at-risk students ([Passarelli](#)).

### How Can I Start to Encourage a Growth Mindset at LBCC?

1. **Talk about how brains can change:** Students who learn about “the brain’s ability to grow and reorganize itself as a consequence of hard work and good strategies on challenging tasks” perform better in coursework and have higher GPAs ([Paunesku, et al. 3](#)). But, this doesn’t just apply to students... all of us can benefit from understanding that our brain is malleable. **This video will help:** [Brain-based Learning Model](#)
2. **Learn more about Growth Mindset:** Edutopia has compiled [a very nice list](#) of Growth Mindset resources that can be used in and outside of the classroom.
3. **Watch your words:** The way we talk about ourselves and others can have a powerful effect on our mindsets. [This infographic](#) has some nice ways to rephrase your language to help reframe your mindset. Hang it up in your space and practice some of the sayings.
4. **Wear your “YET” button and take on a “YET” mindset:** [This Huffington Post piece](#) explores how “yet” can be the most important word in your vocabulary.
5. **Know your mindset:** The [PERTS Growth Mindset Assessment](#) is a great way to test your mindset and start a discussion about why growth mindset is a valuable way to approach learning.

### Some Additional Interesting Growth Mindset Ideas

1. Video: Derek Sivers - [Why You Need to Fail](#) (5:24 min.)
2. Article: Travis Bradberry - [“Why Attitude Is More Important than IQ”](#)
3. Video: Daniel Pink - [The Puzzle of Motivation](#) (18:36 min.)
4. Article: Jonah Lehrer - [“Don’t! The Secret of Self-Control”](#)
5. Video: Joachim de Posada - [Don’t Eat the Marshmallow!](#) (3:27 min.)
6. Article: Holly Epstein Ojalvo - [“Do You Have a Hard Time Making Decisions?”](#)

### **How a Growth Mindset Applies Outside of Work**

The Huffington Post article [“Stop Saying ‘You’re So Smart’: 3 Better Ways to Praise Kids”](#) is for parents, but has great suggestions that apply to college teachers as well.

[This May Be Why Breakups Are Harder For Some People Than Others](#) explores how mindsets influence relationships and heartbreak.

[Why Attitude Is More Important Than IQ](#) explores how success is not based on our natural intellectual abilities.

### **Materials From Inservice (and some bonus pieces)**

[The Two Mindsets Infographic](#) (poster)

[Personal Accountability and Reflection](#) (poster)

[Developing a Growth Mindset in Teachers and Staff](#) (article)

[London Cab Drivers](#) (video)

[Carol Dweck at Google](#) (video)

[Neuroplasticity](#) (video)

[Growth Mindset: What it is, How it Works, Why it Matters](#) (video)

[You Can Grow Your Intelligence](#) (article)

[Why Fostering a Growth Mindset in Organizations Matters](#) (article)