

4 Tips: Help Your Students Develop a Growth Mindset

1. State your expectations.

- I don't expect this to be easy.
- I expect this will take practice.
- I expect you to make mistakes.
- I expect this to be tricky at first.

2. State your growth mindset beliefs.

- We learn from mistakes.
- We get better with effort and practice.
- People have different abilities, but everyone can improve their abilities.
- Struggling with something that's challenging is the best way to learn!

3. Recognize growth mindset behaviors & ask students to reflect on their success.

- I noticed you stuck with it even after you got frustrated. Great job!
- You didn't pick the easiest assignment, but the one that would challenge you instead. Cool!
- How were you able to keep going when you felt stuck?
- What was the result of you creating a challenging goal for yourself?
- What is something that seemed pretty hard at first, but now comes almost as second nature?

4. Share your own struggles.

- I had a lot of difficulty with ___ when I was younger. I was never the best, but I got better by ___.
- I've made lots of mistakes. The most important thing I've done is use those mistakes to learn and get better.

"In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment." ~Carol Dweck