

GROWTH MINDSET

THE WHAT, WHY, AND HOW...



WHAT IS IT

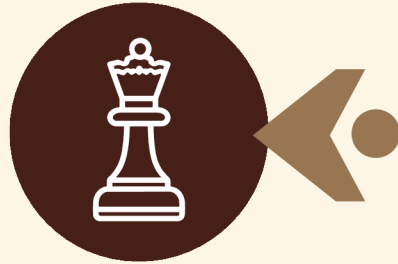
Growth mindset is the belief that human qualities like intelligence, personality, and morality can be developed through effort, persistence, learning strategies, and guidance

WHY IT MATTERS



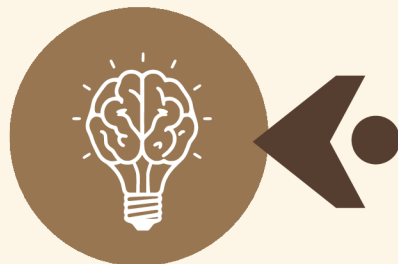
STUDENTS EMBRACE CHALLENGES

When students believe their abilities can grow, they are more willing to take on difficult tasks and view challenges as opportunities for development



SUSTAIN LEARNING AND ACHIEVEMENT

Research shows that students who hold a growth mindset are more likely to make steady academic progress and maintain achievement gains over time



DEVELOP STRONGER INTRINSIC MOTIVATION

Studies in neuroscience and psychology link growth mindset to greater intrinsic motivation, as learners engage for enjoyment and mastery rather than external rewards

HOW TO DEVELOP IT

1

Focus on process and effort

Praising courage and effort, treating mistakes as part of learning, and teaching learners how to learn.

2

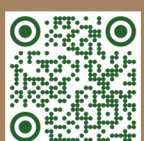
Support individual learners

Seeing each learner's journey, not their label, engaging in regular dialogue, and adapting teaching to remove barriers.

3

Promote mastery learning

Focusing on progress rather than comparison, using feedback to guide growth, and celebrating learning goals instead of test scores.



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