



Growth Mindset in the Classroom

What is a Growth Mindset?

A growth mindset is evident when 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 accomplishments (Dweck, 2015). Carol Dweck's famous research has shown that facilitating a growth mindset can lead to better performance and improved learning experiences for students. Notably, growth mindset also out-predicts IQ as an indicator of academic achievement.

Strategies for Incorporating Growth Mindset in your Teaching

- **Provide opportunities for ungraded feedback**
 - Provide feedback on contributions to in-class discussions that are ungraded
 - Have peers provide feedback where the grade is for simply submitting the feedback
- **Provide timely feedback focusing on effort and strategies**
 - Focus on effort in the feedback
 - Highlight strategies students can use to do better in problem-areas (instead of just highlighting where they've gone wrong)
- **Offer second chances and revisions on one or two assignments**
 - Give students some opportunities to learn from the provided feedback and improve their grade
- **Use the word 'Yet'**
 - Simple yet effective! The use of the word 'yet' when presenting students with content that is difficult to master can make a significant difference to their eventual attainment
- **Set appropriate goals**
 - Ensure assignments, exams, and other activities are designed with a growth mindset and student learning in mind.
 - Avoid assessments of students' ability to 'perform'
- **Encourage willingness to try and fail**
 - *E.G. An ungraded group exercise where teams attempt to present or bring the content to life but without the pressure of a grade*
- **Facilitate reflection on the learning process**
 - Add some graded reflection to your course and syllabus e.g. a student learning journal
- **Model a Growth Mindset**
 - Avoid phrases like 'some of you will get this and some of you won't'
 - Introduce the relationship between practice, effort, and success in your class
- **Ensure students know that effort and willingness to learn are keys to succeeding in your class!**