can become your greatest asset. It ensures that you will absolutely be doing things different and will have the ability to learn and grow from any struggle. And this is especially important for college students. “...in a longitudinal study of college students, those with a growth mindset exhibited less distress, shame, and upset. Meanwhile, those with a fixed mindset showed more evidence of stress and lower levels of academic performance.” (Source: Dweck, C. S. 2006. “Mindsets: The New Psychology of Success.” New York: Random House.)

Growth mindset students are liberated to try new things. And when (IF) they fall flat on their face, they see it not as a sign of stupidity or lack of ability, but rather an opportunity to learn something new. "Success is learning from your mistakes. The only true failure is not trying at all. If you don’t take the risk, you don’t have the opportunity to fail.” (Source: Dweck, C. S. 2012. “Self-Disrupt: How to Transform Your Life and Career.” New York: Riverhead Books.) With the growth mindset, their life becomes a series of experiments, with the only real failure being the times they choose not to try. "Don’t be afraid to fail. It’s the way to learn.” (Source: Mihaly Csikszentmihalyi, 2014. "Flow: The Psychology of Optimal Experience." New York: Harper Perennial.)

When we help our students begin to adopt a growth mindset, they look at new challenges, opportunities, and setbacks differently. Instead of being a threat or a referendum on their worth, they see them as challenges to grow and learn. "It’s not personal, it’s just business.” (Source: Dweck, C. S. 2006. “Mindsets: The New Psychology of Success.” New York: Random House.) This shift in perspective leads to a more resilient and adaptable individual who is not afraid to take risks and try new things.

In the growth mindset, you come to realize that failure isn’t all or nothing. It’s not a sign of stupidity or lack of ability. Instead, it’s an opportunity to learn and grow. "Success is learning from your mistakes. The only true failure is not trying at all. If you don’t take the risk, you don’t have the opportunity to fail.” (Source: Dweck, C. S. 2012. “Self-Disrupt: How to Transform Your Life and Career.” New York: Riverhead Books.) With the growth mindset, your life becomes a series of experiments, with the only real failure being the times you choose not to try. "Don’t be afraid to fail. It’s the way to learn.” (Source: Mihaly Csikszentmihalyi, 2014. "Flow: The Psychology of Optimal Experience." New York: Harper Perennial.)


When we help our students adopt a growth mindset, they look at new challenges, opportunities, and setbacks differently. They see them as opportunities to learn and grow, not just threats. "Success is learning from your mistakes. The only true failure is not trying at all. If you don’t take the risk, you don’t have the opportunity to fail.” (Source: Dweck, C. S. 2012. “Self-Disrupt: How to Transform Your Life and Career.” New York: Riverhead Books.) With the growth mindset, their life becomes a series of experiments, with the only real failure being the times they choose not to try. "Don’t be afraid to fail. It’s the way to learn.” (Source: Mihaly Csikszentmihalyi, 2014. "Flow: The Psychology of Optimal Experience." New York: Harper Perennial.)


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