One way to reinforce the mindsets: Apply it. Our students had the opportunity at last to practice what they had been taught in the classroom rather than a delicate, fragile ecosystem to protect at all costs. 

Growth mindset students are liberated to try new things. And when (IF) they fall flat on their face they know to make a list of three ways they could do better next time. Rinse and repeat and good things start to happen. With the growth mindset, their life becomes a laboratory for change and growth and development. This psychological training is critical to their future success in any field.

In the fixed mindset, excessive concern with looking smart keeps people from making bold, visionary moves. When we are afraid of making mistakes, we assume a defensive posture that prevents us from trying more than the safe option. As a result, we can get stuck in a rut, which can lead to a greater risk of failure.

In the fixed mindset, setbacks are angering, and beliefs are inflexible. We say, for example, "I never should have started this," or "I was born to fail." With the growth mindset, we welcome challenges. When we encounter academic challenges such as daunting projects or low grades, we give up, while the students with growth mindsets respond by working harder or trying new strategies. Rather than strengthening their skills and toughening their resolve, four years of college left the students with fixed mindsets feeling less confident. The feelings they encountered academic challenges such as daunting projects or low grades, they gave up, while the students with growth mindsets responded by working harder or trying new strategies. Rather than strengthening their skills and toughening their resolve, four years of college left the students with fixed mindsets feeling less confident.

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