

## Sharing the Research on Growth Mindset

By the time students are in college or university courses, many have developed an understanding of intelligence as something that is fixed and cannot be changed. Carol Dweck's research on growth mindset asserts that this is not the case. Instead, intelligence is something that can be developed through hard work and persistence in achieving one's learning goals. Students who understand that intelligence is not fixed but can be increased by putting in the time, making the effort, and sometimes changing strategies are more likely to do so to overcome challenges and ultimately succeed. When students are made aware of this research showing that they can make themselves smarter through persistence and hard work, they no longer believe that they are incapable of understanding and mastering certain concepts or skills and further understand that any setbacks in learning are simply temporary.

### Pique Interest in Growth Mindset and Provide Information

To pique student interest and address misconceptions, use a media resource to introduce students to the research on growth mindset. There are several media sources available online, such as [this YouTube video](#), for example.

Follow up by sharing the following points on growth mindset based on Carol Dweck's book *Mindset: The New Psychology of Success* (2016).

- Intelligence is not a fixed skill or trait, but something that can be strengthened and developed over time.
- People such as Einstein and Darwin did not "just get it"; they worked hard over long periods of time to invent, create, and solve.
- Most of the greatest inventions and realizations, such as the light bulb, were not created by or did not occur immediately to a single person. These advances came about through collaborative efforts and after several failed attempts.
- Our lives and capabilities are determined by both our genes and our environment. In fact, contemporary research shows that in some cases our genes need stimulus from the environment to work properly.
- Essentially, the view you have about your intelligence significantly impacts the way you lead your life.
- Paying attention to feedback in order to learn rather than viewing it as a reflection of your ability will help you increase your intelligence and skills and ultimately overcome challenges.
- Natural talent is a great tool to begin with, but someone with natural talent still needs to put in the effort to learn and continue to grow.

### Source

Dweck, C. S. (2016). *Mindset: The new psychology of success* (Updated ed.). Ballantine Books.