



**KENNESAW STATE
UNIVERSITY**

NORMAN J. RADOW COLLEGE OF
HUMANITIES AND SOCIAL SCIENCE
Office of Academic Innovation

“TOOLS FOR SUCCESS” NEWSLETTER

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DEVELOPING A GROWTH MINDSET

Stanford psychologist Carol Dweck introduced the concept of a growth mindset in her 2006 book, *Mindset: The New Psychology of Success*. Her research found that people with a fixed mindset view failure as a result of their lack of ability, while those with a growth mindset, who believe that abilities can be improved through effort, learning, and persistence, tended to achieve more.

In the classroom, a growth mindset approach highlights effort and persistence and the process of learning from mistakes and reflecting on them. It can look similar to traditional teaching, but with some small changes, including transparency around learning challenges, collaborative learning, low-stakes practice assignments and quizzes to measure progress, and applied learning.

Don't forget to cultivate a growth mindset for yourself. Be ready to try new things in your classroom and continue to seek out new pedagogical approaches. This also means that when something does not go well in your class, you also view it as a chance to learn and grow.

GROWTH MINDSET RESOURCES

- Growth Mindset in the Higher Education Classroom Check sheet
- Growth Mindset Diagnostic Quiz
- Watch Carol Dweck talk about Growth Mindset
- Recognizing and Overcoming False Growth Mindset

OVERVIEW

This series highlights a “tool” from our Toolkit for Student Success in the Classroom. Each newsletter contains resources that are ready for you to try in your classroom! Try this innovation just once - a small change might have a big impact on student learning!

REFERENCES

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