

## WHAT IS THE MINDSET COMPETENCY?

Students with a growth mindset believe that they have the power to increase their intelligence and skills, if they challenge themselves and put meaningful effort toward achieving their goals.

## KEY TURBO TOOL: CAN DO AND NOT YET CIRCLES

## STUDENT SUCCESS INDICATORS

- ✓ Setting high-growth academic and personal goals
- ✓ Learning to value mistakes and how to grow from them
- ✓ Challenging beliefs and behaviors that are indicative of a fixed mindset

## RESEARCH SUMMARY

Mawi Learning's focus on mindset empowers students to build and apply growth mindset beliefs and behaviors. Pioneered by Dr. Carol Dweck, mindsets research defines a growth mindset as the belief that an individual can grow their skills and abilities through targeted and sustained effort.

Building a growth mindset creates physical and functional changes in the brain that allow for increased growth and higher levels of achievement (Dweck, 2006; Farrington et al., 2012).

By contrast, fixed mindsets can appear in the form of chronic low effort, crippling perfectionism, or the perception of being a permanent failure.

Beyond the conceptual distinction that students with growth and fixed mindsets approach learning differently, there is a comprehensive body of research showing that students with growth mindsets outperform their fixed mindset peers, in a variety of academic and non-cognitive areas (Blackwell et al., 2007; Mangels et al., 2006; Yeager & Dweck, 2012).

## SUGGESTED BIBLIOGRAPHY

- Blackwell, L. S., Trzesniewski, K. H., & Dweck, C. S. (2007). *Implicit theories of intelligence predict achievement across an adolescent transition*. *Child Development*, 78(1), 246-263.
- Dweck, C.S. (2006) *Mindset: The new psychology of success*. New York: Random House.
- Mangels, J. A., Butterfield, B., Lamb, J., Good, C., & Dweck, C. S. (2006). *Why do beliefs about intelligence influence learning success?* *Social Cognitive and Affective Neuroscience*, 1(2), 75-86.
- Muenks, K., & Miele, D. B. (2017). *Students' thinking about effort and ability*. *Review of Educational Research*, 87(4), 707-735. doi:10.3102/0034654316689328
- Yeager, D. S., & Dweck, C. S. (2012). *Mindsets that promote resilience: When students believe that personal characteristics can be developed*. *Educational Psychologist*, 47(4), 302.