



Include Student in Learning Process

What is Growth Mindset?

Carol Dweck developed and coined the idea of [Growth Mindset](#). The underlying idea of the concept is that abilities and intelligence can be developed. The brain's plasticity suggests that neural pathways continue to grow as we learn and practice. The brain is a like muscle: the more you use it, the more it grows.

Why Teach Growth Mindset?

Framing learning from a growth mindset standpoint can foster resilience and development in students. Research into the practice of growth mindset has suggested that students who embrace the concept have risen to challenges despite setbacks. This [resiliency](#) is a large indicator of students' overall success.

How to Incorporate Instruction

[Structured materials](#) exist that begin to teach students the concepts of growth mindset through [articles](#) and [videos](#), as well as class discussions. Teaching the key terms of [neuroplasticity](#) and [growth versus fixed mindset](#) is a great place to begin. Starting the school year with a unit on growth mindset can help to set students up for application throughout the school year. The suggested materials can be adapted to fit appropriate grade levels.

How to Provide Feedback

[Praise](#) students whenever possible, and not just for their achievements. Students should be praised for their:

- Effort
- Struggle
- Application of strategies
- Selection of difficult tasks
- Learning
- Improvements
- Persistence in the face of setbacks

Encourage students to use the phrase, "not yet" rather than saying they can't do a task. This language will help them to see that they need to keep growing before they are able, but that the ability is not closed to them.



Extensions

After an introduction to the concept of growth mindset and brain plasticity, consider ways to continue revisiting this topic throughout the school year. Shifting feedback to praise effort versus ability is one great way to make this happen, along with encouraging students to use the phrase, “not yet.” Other ways to maintain this discussion throughout the year include:



- **Smart goals:** Helping students to set goals that are measurable and attainable is a great way to get students involved in their own learning progress. These goals help students to set plans and grow in their abilities. Based on the concept of growth mindset, students can then look to improve their skills.
- **Classroom plants:** Having a class plant can be a tangible and physical way of showing students how things can grow when properly nurtured.
- **Self-reflection:** Self-Awareness and reflection on current skills, challenges, and growth is important for students to be able to monitor and track skill growth and progress. At the end of a unit or quarter, students can track their progress on specific skills or general behavior.

HOW DOES THIS CONNECT TO INCLUDE STUDENTS IN LEARNING PROCESS?

By teaching students the concept of growth mindset, teachers can show them how their brains continue to develop and create new pathways. When students are able to understand how their learning affects their brain growth, they take a more active role in their education. Through this instruction and subsequent feedback, students can be included in their own learning process and take ownership for their achievements.