

# GROWTH MINDSET NEWSLETTER



Issue 003

Fall 2024

***Consistent effort and intentional practice leads to improved performance.***

A growth mindset, characterized by the belief that abilities and intelligence can be developed through dedication and hard work, is integral to improving student performance. This perspective encourages consistent effort and intentional practice, which are essential for achieving excellence. Academic research consistently supports the notion that a growth mindset, coupled with deliberate practice, leads to significant improvements in performance across various fields.



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Click for Angela Duckworth On Deliberate Practice

Carol Dweck and her colleagues demonstrated that individuals with a growth mindset are more likely to engage in sustained and purposeful practice. In their research, students who were taught that intelligence could be developed through effort showed greater motivation to learn and improve. These students persisted longer on challenging tasks, sought out learning opportunities, and ultimately achieved higher levels of performance compared to their peers with a fixed mindset. This study underscores the importance of fostering a growth mindset to cultivate a commitment to continuous improvement.

## Four Pillars of Deliberate Practice

- Practice is **specific** and many times focused on an area of weakness, not a strength.
- **100% focus** on the task.
- **Feedback** on performance; immediate, relevant, and correct.
- **Reflections and evaluations** on performance; verbal feedback, statistical analysis, video analysis, performance results, etc.

Building on this idea, research by Ericsson, Krampe, and Tesch-Römer (1993) explored the role of deliberate practice in achieving high levels of performance. Their study on expert musicians revealed that the amount of time spent in deliberate, focused practice was a significant predictor of superior performance. The researchers found that consistent effort and targeted practice activities designed to improve specific skills were more effective than mere repetition. This finding aligns with the principles of a growth mindset, emphasizing the value of dedicated effort and strategic practice in reaching peak performance.

Further supporting this connection, a study by Duckworth, Peterson, Matthews, and Kelly (2007) introduced the concept of *grit*, which is closely related to a growth mindset. Grit, defined as perseverance and passion for long-term goals, was found to be a strong predictor of success.

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Research showed that individuals with high levels of grit were more likely to engage in sustained effort and overcome obstacles in pursuit of their goals. This highlights the importance of maintaining a growth-oriented attitude, as it fuels the persistence and resilience necessary for deliberate practice.

*Deliberate Practice and Performance in Music, Games, Sports, Education, and Professions: A Meta-Analysis* by Macnamara, Hambrick, and Oswald (2014) examined the role of deliberate practice across various domains, including sports, music, and education. The analysis revealed that deliberate practice accounted for a varying range in performance levels. This review further reinforces the idea that consistent, intentional practice, driven by a growth mindset, is a critical factor in achieving high performance.

In conclusion, a growth mindset promotes the belief that abilities can be developed through effort, leading students to engage in consistent and intentional practice. Academic research by Dweck, Ericsson, Duckworth, and others highlights the significant impact of this mindset on performance improvement. By fostering a growth mindset and committing to deliberate practice, teachers can help students achieve excellence and realize their full potential across various domains.



## ***Resources and Learning Connections***

[Deliberate Practice and Performance in Music, Games, Sports, Education, and Professions: A Meta-Analysis by Macnamara, Hambrick, and Oswald \(2014\)](#)

[Grit: Perseverance and Passion for Long-Term Goals by Duckworth, Peterson, Mathews and Kelly](#)

[The Role of Deliberate Practice in the Acquisition of Expert Performance by Ericsson, Krampe, and Tesch-Romer](#)

[MIT Teaching & Learning Lab: Growth Mindset](#)

[What Having a "Growth Mindset" Actually Means by Carol Dweck](#)

[Growth Mindset – Unlocking The Power Of Intentional Learning By Shelbie Bauer](#)