

GROWTH MINDSET NEWSLETTER



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Being resilient in the presence of mistakes and setbacks fosters growth.



Click for: *Carol Dweck - The Power of Yet - Ted Talk*

In fact, research by Mangels, Butterfield, Lamb, Good, and Dweck (2006) revealed that individuals with a growth mindset exhibited greater engagement and learning from errors compared to those with a fixed mindset. The growth-minded individuals were more inclined to reflect on their mistakes, understand their underlying causes, and apply this knowledge to future tasks. This adaptive learning process is crucial for personal and professional growth, as it enables individuals to improve and continuously overcome future challenges.

Coaching plays a significant role in nurturing a growth mindset by guiding students to set realistic goals, develop action plans, and reflect on their progress. When teachers ask open-ended questions and encourage self-assessment, students identify areas for improvement and devise strategies to overcome obstacles. This can include incorporating growth mindset language into everyday interactions with phrases or questions like: "you worked hard on this problem" or "what strategies can we try next?". By modeling this mindset, teachers can inspire students to adopt similar attitudes toward their learning and challenges.

As evidenced in research by Dweck and others, a growth mindset helps people stay resilient by treating mistakes as learning opportunities and boosts motivation, persistence and learning. By embracing challenges and learning from failures, people with a growth mindset handle obstacles better and achieve more success over time.

Resources and Learning Connections

[Mindsets That Promote Resilience: When Students Believe That Personal Characteristics Can Be Developed - Yeager & Dweck](#)

[Implicit Theories of Intelligence Predict Achievement Across an Adolescent Transition - Blackwell, Trzesniewski, & Dweck](#)

[Why do beliefs about intelligence influence learning success? - Mangels, Butterfield, Lamb, Good, & Dweck](#)

[Target X; Failure is the Only Option: Embracing a Growth Mindset](#)

[The Power of Believing That You Can Improve-C. Dweck \(The Power of Yet-TED\)](#)

[Angela Duckworth - A growth mindset is the right mindset](#)