Mindset Toward Learning

When you try very hard to do something, by the time you can do it it is easy to do, so effort is maybe a kind of prayer.”

“Everyone says I’m a great writer, so why never be able to throw the ball well.”

“Athletics just aren’t my strong suit - I’ll what’s the point in paying attention?”

Everyone’s belief - often implicit in one’s consciousness and not expressly articulated - that their intelligence, talents, and abilities are quite malleable, and can be improved through effort over results.

Our implicit theories of intelligence develop our “mindsets” toward learning.

Our mindsets toward intelligence impact the motivation and effort we put into learning.

"Beliefs about intelligence are both motivational and learning. Our empirically effective pedagogical strategy is to encourage students to adopt a growth mindset toward intelligence - while encouraging them to own the idea that they can improve their intelligence through effort over results."

"Our implicit theories of intelligence develop our ‘mindsets’ toward learning."

"The belief that our intelligence, abilities, and talents can be improved over time is a kind of prayer."

"Mindset is malleable. It can be changed."

"Let’s try to convince our students that intelligence can be improved."