Academic Mindsets for Learner Success

What are academic mindsets?

Academic Mindsets are four key beliefs which deeply influence our behaviors as learners, and which enable learning success. These mindsets affect our motivation, strategies, and perseverance. They are:

1. I belong in this learning community
2. I can change my abilities through effort (a growth mindset).
3. I can succeed.
4. This work has value and purpose for me.

Read more about Academic Mindsets (which we also refer to as Learning Mindsets) in this [Mindsets and Student Agency](http://www.mindsetworks.com/go/academic-mindsets/) article originally published on *Unboxed*, High Tech High’s Graduate School of Education’s magazine.

Is my school’s culture conducive to developing Academic Mindsets?

Take this [survey](http://www.mindsetworks.com/go/academic-mindsets/) to receive feedback on your school’s culture from an Academic Mindsets lens. Or check out [other mindset assessments](http://www.mindsetworks.com/go/academic-mindsets/).

Mindsets can be learned and taught! How?

Academic Mindsets can be developed. Teaching students about how the brain grows with effective effort makes a big difference. So does teaching growth-minded strategies. Here are some additional tools and resources:

- **TEDed** Unit on Growth vs. Fixed Mindsets
- **Brainology**: Mindset Works' blended learning curriculum for teaching growth mindsets and malleable intelligence.
- **You Can Grow Your Intelligence**: article from the original research study with New York City middle school students that served as the inspiration for Brainology (Blackwell, et al 2007)
- **Educator Kit**: a Mindset Works professional development course that provides teachers with knowledge and tools to embrace a growth mindset and support it in the classroom.
- **Mindset**: the seminal book by Dr. Carol Dweck about how mindsets affect success and motivation, see [www.mindsetonline.com](http://www.mindsetonline.com)
How can I share this idea?

Many schools begin by reflecting on adult and classroom mindsets (you can use the EducatorKit to guide you); then they explore strategies and methods for changing thinking and practice at a classroom level. Consider sharing and discussing some of these resources with your colleagues and school leaders.

**Share videos:**
- TEDx Talk by Eduardo Briceno: The Power of Belief
  - Growth vs. Fixed Mindsets
  - Videos on the Mindset Works blog

**Share articles:**
- New York Magazine article: The Power and Peril of Praise
- Principal Leadership article: Mindsets and Equitable Education
- EdWeek Article: Growth Mindset Gaining Traction As School Improvement Strategy
- Mindset Works Blog: The Power of Mistakes: Creating a Risk-Tolerant Culture at School and Home
  - Read More articles

**Share tools and resources:**
- Growth Mindset feedback and framing
- Effective Effort Rubric
- The Two Mindsets by Nigel Homes
- Brainology Posters
- Mindset Intro for Parents

**Share research:**
- CCSR review
- Brainology Impact Summary
- Reducing Stereotype Threat