Evidence of Impact: Brainology® & Mindset Works® SchoolKit

Brainology®

The award-winning blended learning curriculum Brainology® was developed from decades of research in psychology demonstrating that teaching students a growth mindset—the knowledge that ability can be developed—leads to greater student challenge-seeking, effort, persistence, & achievement.

Recent Brainology randomized-trial studies:

Latino students at a U.S. middle school were randomly assigned to either a Brainology or control group. At the end of the third trimester, students in the Brainology group earned statistically significantly higher GPAs (Fig. 1). Also, among students who had received lower conduct scores (citizenship grades) at the beginning of the year, those in the Brainology condition improved their conduct scores by the end of the third trimester relative to their counterparts in the control condition.1

Additional research with middle schools in the U.K. found that students that used Brainology reported greater life satisfaction, were more likely to attribute academic failure to lack of effort and study, and also earned higher scores on a standardized reading assessment relative to students in a control condition (Fig. 2).2

Positive academic outcomes have also been documented in math. One study with middle school boys in the U.K. found that students who used Brainology earned higher math scores.3

Finally, a recent university study investigated the impact of a Brainology vs. control intervention for 7th grade science classrooms at predominately low income U.S. middle schools. At the end of the intervention period, girls who had participated in Brainology reported higher engagement, self-efficacy, and valuation of science compared to girls in the control condition.4

Mindset Works SchoolKit

Developed under a contract with the U.S. Department of Education, the Mindset Works® SchoolKit is a suite of online resources designed to foster a school environment that supports students in maintaining positive motivation, effort, and resilience. It provides students and teachers with critical knowledge, skills and tools to support the development of a growth mindset in students, including a professional development course for educators, a professional learning community, and classroom tools to support their students’ learning.
Results from our recent school pilot study:

Preliminary results from the first phase of pilot-testing showed that teachers who used the SchoolKit professional development resources had an increased sense of self-efficacy as teachers, and reported using more growth mindset classroom practices after the training (Table 1).

Students—especially those who began with a fixed mindset—developed a growth mindset, increased their effort, and showed improved achievement after using the Brainology program (Fig. 3). A second phase of pilot-testing showed that students continued to improve their achievement in the term following the intervention.

### Table 1. Impact of Professional Development on Teachers

<table>
<thead>
<tr>
<th>Teacher Beliefs &amp; Practices</th>
<th>Change post-program (relative to those who did not complete PD)*</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus on Effort</td>
<td>+1.4</td>
<td>p &lt; .05</td>
</tr>
<tr>
<td>Fixed Ability Beliefs</td>
<td>-2.00 (negative is desirable)</td>
<td>p &lt; .02</td>
</tr>
<tr>
<td>Teaching Self-Efficacy</td>
<td>+0.51</td>
<td>p &lt; .10</td>
</tr>
<tr>
<td>Mastery-Focus in Classroom</td>
<td>+1.14</td>
<td>p &lt; .10</td>
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</tbody>
</table>

* Numbers indicate change on a 6-point measurement scale.

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**References:**