



Did you know?

Students who understand that **success does not come easily**, yet **continue to work hard**, are **more likely to succeed** (Tough, 2012). Also students who **know** and can **articulate how they learn best** and the **support they need** to succeed, are more successful through their academic careers (Tanner, 2012). As a professor, it is critical to understand that **success is an outcome of the student's effort**, rather than one's natural ability or talent (Dweck, 2006).



Good example

»The goal isn't to get it all right away. The goal is to grow your understanding step by step. What can you try next?«



Fun facts

A study that used interventions: a 75-minute presentation on what mindset is, how it relates to learning, and strategies for students to learn statistics with a growth mindset, found that students' mindsets became more growth-oriented, as well as a reduction in anxiety and an increase in course grade (Smith & Capuzzi, 2019).

A self-fulfilling prophecy: is in the beginning a wrong definition of a situation that provokes new behaviour, that causes a primarily wrong assessment of the situation to come true.

Research in the school: Teachers' expectations work on the principle of self-fulfilling prophecy. They have a direct effect on the intellectual development of students (Rosenthal, 2002).



What can you actually do in the classroom?

- **Truly believe in the success of your students.** Your expectations influence students' achievements, both positively and negatively (Rosenthal & Jacobsen, 1968).
- **Encourage them in difficult situations.**
 - All right, so it didn't go the way you wanted, let's consider this as a way of learning.
 - Perhaps you're struggling, yet you're succeeding and I can see your growth.
 - I appreciate your perseverance and your hard work, that's going to pay.
- **Encourage them when they succeed.**
 - Compared to _____ (time period), you are really making progress, you grew up.
 - I notice you're using your problem-solving strategies and I find them great.
 - Your hard work is really noticeable in the finished projects/assignments.
- **Invite them to think about their own thinking and learning.** Encourage students to reflect on their thinking and learning, as they progress through the learning process. This is beneficial to help students link certain strategies with success.
 - Hey, that is a difficult task that you've been working on for quite some time. What strategies are you using?
 - Do you see any patterns in your learning?
 - Were the methods and skills you utilized for this project effective?
 - How does your mindset influence your approach to work?
 - When it comes to learning, what are your strengths and weaknesses?
 - How can you make your learning environment better?



References

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