

# ENCOURAGING POSITIVE PERSEVERANCE



JUST KEEP SWIMMING!

GROWTHMINDS



## Did you know?

**Perseverance** is described as a person's decision **to put out a high level of effort** (Bettinger et al., 2018). When confronted with a challenge, student with a growth mindset is more likely to persevere because of believing that with hard effort, perseverance and problem-solving, he may change his intelligence and skills (Dweck, 2017). Persistence **does not always mean working harder**, but it means **refusing to give up** just because something is hard (Jaffe, 2020).



## Fun fact

Research showed that persistent interventions that shape students' beliefs in their ability to learn, have an **influence on students' perseverance** and **academic achievement in math, three weeks** after the interventions were implemented (Bettinger et al., 2018).



## What can you actually do in the classroom?

**Awareness of perseverance.** We recommend that on the first day of class, you spend time discussing what it means to have tenacity, be persistent, and possess resilience. Let them share their personal experiences about how they persevered in previous years and what helped them in their motivation.

Ask students:

- Can you describe obstacle that hinders your motivation?
- What do you usually do when you hit obstacle?
- Why it is worth it to you to persevere and get through this challenging situation?

**Remind them of achieving success.**

For certain students keeping perseverance is a struggle, so they must always be remembered that they are capable of achieving success. Introduce to students that perseverance is not necessarily always investing more energy, but a process of not despairing in difficult situations. It is important to explain to students the options they have when encountering problems:

- They can **always ask for help** (professor or colleague).
- Provide them suitable **online resources**, where they can seek help (YouTube channels, lessons, explanations etc.).
- **Normalize the use of other resources** (not provided by you) and the fact that other paths are also right.

**Team spirit helps strengthen perseverance.**

A positive group spirit can be easily achieved through group activities. Make students do hard tasks together, as this raises the sense of the importance of each member. Train your class to help and support each other, throughout solving tasks and dealing with problems.



## References

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2. Dweck, C. (2017). *Mindset: Changing the way you think to fulfil your potential*. London: Hachette UK.
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