

Resources Regarding Growth Mindset

Additional Resources about Mindsets and Learning

Dweck, Carol S. (2016). *Mindset: The New Psychology of Success*. Updated edition Ballantine Books Trade Paperback ed., Ballantine Books, Permalink:

https://dalnet-primo.hosted.exlibrisgroup.com/permalink/f/d9s986/01DAL_UDM_ALMA2193729970003254

Here, Dweck explores the concept of mindset and its impact on personal and professional development. Dweck argues that individuals can possess either a fixed mindset or a growth mindset, and the latter is crucial for achieving long-term success. By embracing a growth mindset, people can foster resilience, embrace challenges, and view failures as opportunities for learning and growth. This is an excellent primer for any educator looking to enhance their understanding of mindsets.

Quay, L., & Romero, C. (2015). What we know about learning mindsets from scientific research. Retrieved from Mindset Scholars Network:

<http://mindsetscholarsnetwork.org/wp-content/uploads/2015/09/What-We-Know-About-Learning-Mindsets.pdf>

This document provides an excellent summary of scholarship about student mindset and academic success. In this quick guide, the authors map out the connection between students' learning mindsets and their learning and achievement in school. Exploring mindsets with students allows them to navigate and overcome academic challenges in a meaningful way. As the authors state, "mindsets are not fixed traits. They come from messages students pick up from society, their interactions with others, and their experiences in school."

Quay, L. (2017). Leveraging mindset science to design educational environments that nurture people's natural drive to learn.

<http://studentexperiencenetwork.org/wp-content/uploads/2018/01/Learning-Enviros-Research-Brief.pdf>

This article offers numerous visual representations and charts that demonstrate different mindsets and how those impact students' learning processes. The article proposes that all people are born to learn but how people make meaning of their experiences in school (their 'mindsets') is one important factor that affects their motivation to learn and their ability to learn effectively. According to the author, mindsets are shaped by a number of factors including the social environment which have been shaped by systemic inequities in society.