

# BASIC SKILL OF THE WEEK: GROWTH MINDSET

Did you know that just believing that we can learn actually helps us learn?



Carol Dweck has found a strong correlation between student learning and "growth mindset."

## THREE EASY THINGS YOU CAN DO:



1. Introduce your students to the concept: take a quiz on their own mindset at [mindsetworks.com](http://mindsetworks.com) or watch Carol Dweck's Ted Talks
2. Require students to reflect on their work progress and study habits so they can figure out strategies that help them grow.
3. Praise effort, strategy, and reflection instead of just intelligence or high grades. And when someone says "I don't understand" you can respond with a simple word: **"yet."**

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