



Developing a Growth Mindset During Times of Transition

“In one world, effort is a bad thing. It, like failure, means you’re not smart or talented. If you were, you wouldn’t need effort.

In the other world, effort is what makes you smart or talented.”

–Carol Dweck

1. Acknowledge and Embrace Imperfections

Hiding from your weaknesses means you’ll never overcome. Online learning may not be easy to you, but by acknowledging that it may be hard can lead you one step closer to finding how you can overcome your weakness.

2. View Change and Create New Strategies

Take the changes you are dealing with and use your own self-knowledge to create a strategy for you to learn. **YOU** can develop new strategies and learn how to learn differently.

3. Value the Process over the End Result

Intelligent people enjoy the learning process, and don’t mind when it continues beyond an expected time frame. Learning takes time and effort especially with the changes you are experiencing right now.

4. Cultivate a Sense of Purpose

Dr. Carol Dweck’s research shows that students with a growth mindset had a greater sense of purpose. Keep the big picture in mind. Always look towards the short/ long term goal and think of how accomplished you will feel once you complete it. Times may feel too hard now but think of how good you will feel at the end.

5. Emphasize Growth Over Speed

Learning fast isn’t the same as learning well and learning well sometimes requires allowing time for mistakes. The end of the semester is coming fast but genuinely learning and understanding something will pay off on your exams, papers, reflections, course posts, and class discussions.

6. Find the Positives in Criticism

Criticism, while it may hurt or sting, is only stated so you can grow and improve next time. Failure will breed success if you want it to.

7. Cultivate GRIT

Students with that extra bit of determination and tenacity will get the job done. They will also be more likely to seek approval from themselves rather than others.

8. Think of the Brain as a Muscle

Keep working your brain by learning because this muscle is the most important.

9. Use the Word “YET”

Dweck says “not yet” has become one of her favorite phrases. Whenever you are struggling with a task, just tell yourself I haven’t mastered it YET but I will when I come back to it.

10. Learn from Your Fellow Classmates/peers

It’s not always wise to compare yourself to others, but it is important to realize that humans share the same weaknesses. Discuss with fellow peers the weaknesses you may have in common and use teamwork to find a better solution.

11. Make a New Goal for Every Goal Accomplished

You’ll never be done learning. Just because your midterm exam is over doesn’t mean you should stop being interested in a subject. Growth- minded people know how to constantly create new goals to keep themselves stimulated.

12. Think Realistically and Honestly about Your Time and Effort

It takes time to learn. Don’t expect to master every topic under the sun in one sitting. Pace yourself and dig deep into the information.

13. Take Ownership Over Your Attitude

Once you develop a growth mindset, own it. Acknowledge yourself as someone who possesses a growth mentality and be proud to let it guide you throughout your educational career- especially now.

Adapted from:

<http://www.opencolleges.edu.au/informed/motivation/develop-a-growth-mindset/>
Dweck, C. S. (2006). Mindset: The new psychology of success. Random House

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