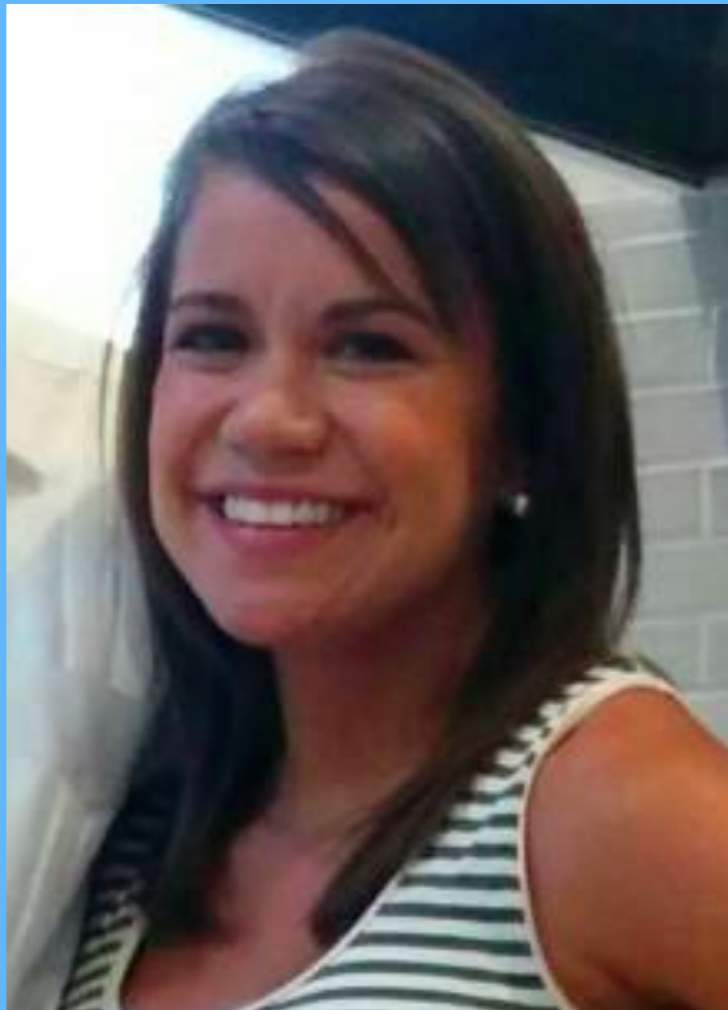


Applying Research on Academic Mindsets



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< Go Back

Section 2: About the Brain

News About the Brain

In this program you will learn about an important scientific finding:

The brain is like a muscle—it gets stronger (and smarter) when you exercise it. You exercise your brain by working on challenging material that makes you think hard.



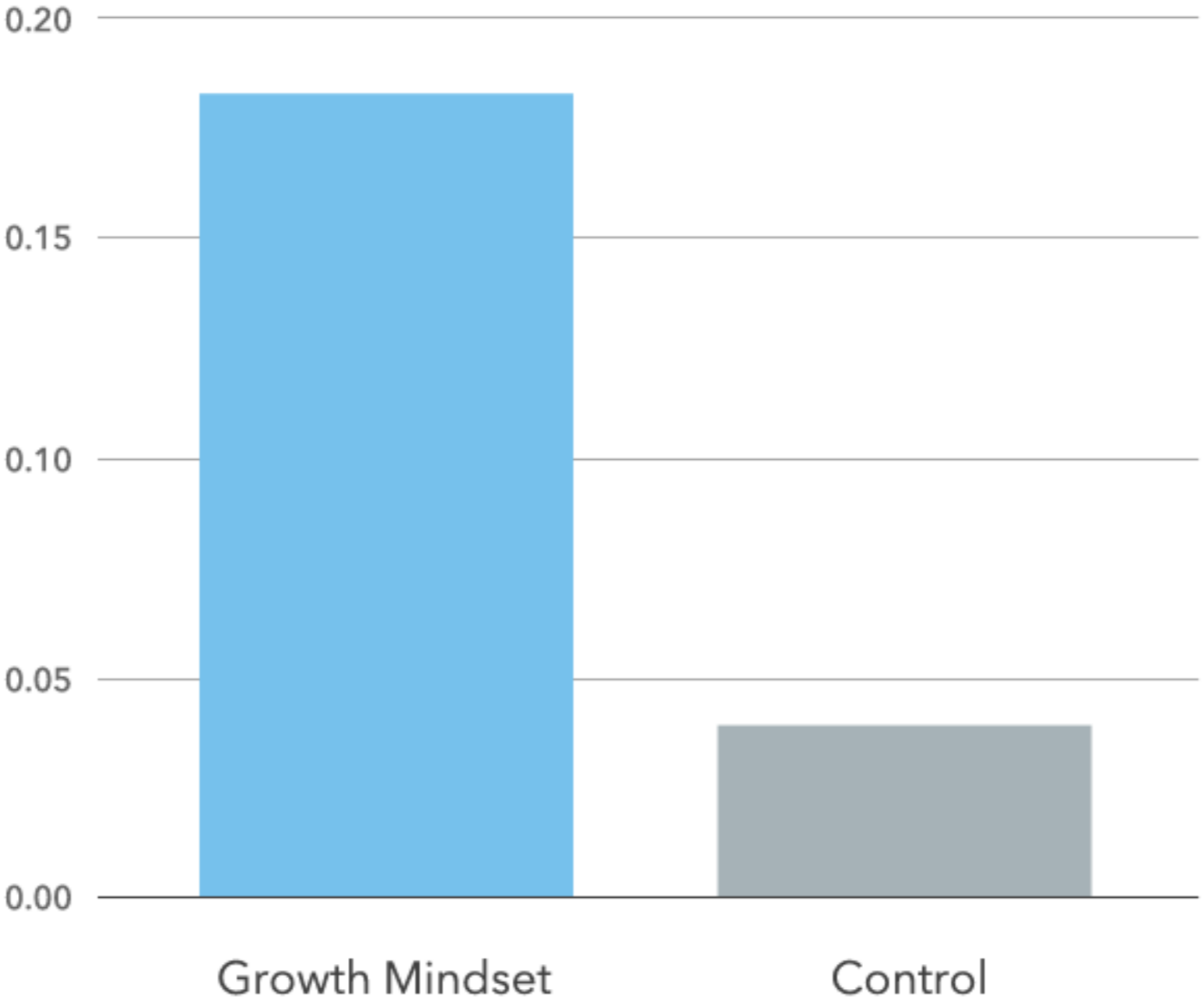
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Try your best and don't give up!



Thinking harder makes you smarter!

Underperforming High School Students Change in GPA



mindsetkit.org



Celebrate Mistakes

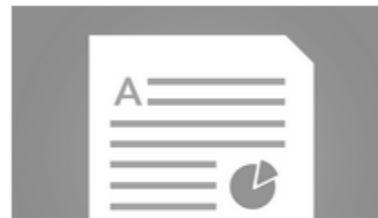
Learn how to promote mistakes from Carol Dweck and Jo Boaler; watch teachers use this practice in action; and download activity ideas to try in your classroom.

Get started

Share this:



AVAILABLE LESSONS (6)



A growth mindset means embracing challenge and mistakes

TEXT

Learn why mistakes, challenges, and struggles can be key ingredients for success.



Make challenge the new comfort zone

VIDEO

Leading growth mindset researcher, Professor Carol Dweck talks about the downside of easy and the importance of challenge.



Three ways to celebrate mistakes in class

VIDEO

Professor Jo Boaler describes three ways to get students comfortable challenging themselves and making mistakes.

