

### Developing Growth Mindset Experiment Reflection

After doing the Growth Mindset Experiment I have noticed, especially during math instruction, that my students continue to push themselves in areas they thought would be impossible prior to teaching them about a growth mindset. My students often said “math is too hard”, and now they are beginning to remind me during my instruction that I can solve a problem, that I just have to find solutions and can’t have a fixed mindset. I notice that students are more willing to share that they made a mistake because they love sharing their growth “mindset moment”. Students in my class are also now taking ownership if they do not do well on a test. Students are putting in effective effort toward studying and setting themselves up for success and have noticed that it truly pays off.

Through reflection and practice, I have noticed that my students are not only happy but excel academically when I praise their effort rather than their intelligence. This has taken tremendous amounts of effort on my part to change my habits, but I believe it has paid off, especially when it comes to my students and test taking. I say “wow, you must have put a lot of time and effort into studying” rather than saying “wow, you are so smart”. I have begun to incorporate growth mindset into daily lessons without revolving specifically around that topic. I think that is when my students gain the most, recognizing that this idea can be used in all aspects of school, and even in life. I have focused on using more wait time which has allowed more students to respond, which was something that is now added to my repertoire due to this growth mindset course.

I plan to incorporate the growth mindset philosophy in my classroom year round and throughout the years. My students really seemed to latch onto this idea of self-empowerment, self-efficacy, and self-motivation, and it is something that I believe stemmed from our discussions with growth mindset. I also plan to continue to communicate high expectations for all students. This I believe this will allow for more correct answers and participation from students as they answer, as it did this year through my investigation. Lastly, I plan to continue my use of growth mindset with my co-workers. Since Carol Dweck’s book, Mindset: The New Psychology of Success, was assigned to our school to read, I have noticed a change in the way co-workers work, think, and interact with students. By continuing the growth mindset and communicating high expectations I believe that our team of educators who are effectively working, proactive, and think positively, will find true success.