

FOSTERING A GROWTH MINDSET TO BUILD CONFIDENCE, PERSEVERANCE, AND SUCCESS IN EVERY STUDENT



Decades of research by psychologist Dr. Carol Dweck and colleagues have shown that we all have fixed and growth mindsets about different aspects of our lives (Dweck, 2006). A fixed mindset reflects a belief in natural talent: I'm either good at something, or I'm not. A growth mindset is a belief that I can get good at something through effort and learning.

When students and educators have a growth mindset, they understand that intelligence can be developed. Students focus on improvement instead of worrying about how smart they are. They work hard to learn more and get smarter.

In an exclusive partnership with Mindset Works, Scholastic is pleased to offer three new products and professional learning services to help students and teachers foster a culture of growth mindset:

FOR STUDENTS: BRAINOLOGY®



Brainology, a blended learning curriculum, teaches students that their brains are like muscles that become stronger with exercise. Addressing challenges such as focusing attention, managing stress, learning new content, and building memory, Brainology provides students with strategies for helping their brains grow stronger and perform well.

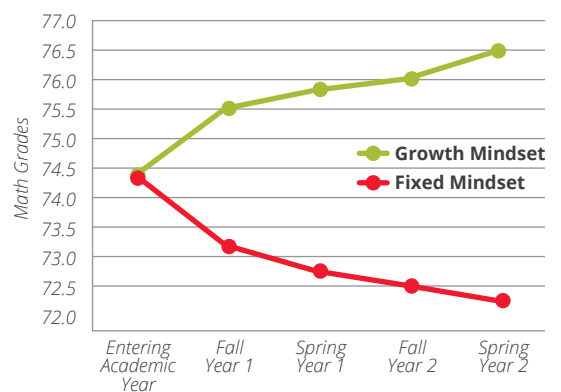
Brainology includes:

1. An **online, interactive program** that teaches the scientific basis of a growth mindset;
2. **Classroom activities** to help reinforce and practice growth mindset concepts and strategies; and
3. A **Student Toolkit**, that offers planning and self-assessment tools to implement growth mindset strategies.

Embedding growth mindset in a school or classroom culture includes embedding it into the curriculum.

Similar to the way Scholastic's intervention solutions such as *MATH 180*, *READ 180*, and *System 44* foster growth mindset, instruction should reflect the language, strategies, and expectations of effortful learning and risk-taking, and productive failure. Students need to learn how to persevere in smart and strategic practices, that may be different from one content area to another. And teachers and peers need to be enrolled in the culture and reinforce and reward resilient behavior.

Mindset Impact on Achievement



Study #1 on Students Making a Transition to 7th Grade, from: Blackwell, L., Trzesniewski, K., & Dweck, C.S. (2007). Implicit Theories of Intelligence Predict Achievement Across an Adolescent Transition: A Longitudinal Study and an Intervention. Child Development, 78, 246-263.

FOR EDUCATORS: EDUCATORKIT

This online professional development course provides teachers with the knowledge and tools necessary to develop and deepen a growth mindset in themselves and their students through everyday teaching and learning.

The EducatorKit includes:

- > An **online professional development course**, “Mindsets & Motivation” designed to help educators learn about the growth mindset and how to incorporate it into everyday practice;
- > **Tools for educators** to support their own processes of adopting and implementing growth mindset practices over time; and
- > An online **Growth Mindset Community** that connects a network of informed educators to help develop and disseminate knowledge about implementing the growth mindset in schools.



SCHOOLKIT

This suite of resources was developed to cultivate a school-wide growth mindset culture, which includes:

- > The **EducatorKit** with its online professional development course and tools for educators; and
- > The **Brainology** blended learning curriculum.

“The best word I can think of to describe its effects is empowering. It allows students to know that they are in control of their brains and learning. . .”

-Sue, 8th- and 9th-grade teacher, Minnesota



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