



# Helping Students Develop a Growth Mindset Five Minutes at a Time

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# What is Growth Mindset?

- Students with a growth mindset believe they can develop their knowledge, skills, and abilities with hard work and persistence
- Rather than the mindset of “I can’t,” (Fixed) it is “I haven’t mastered it yet” (Growth).
- It is flipping the negative self-talk into positive self-talk



# Background

- Why is this important to faculty?
  - Declining enrollment with increases in attrition or retention
  - Creating opportunities in developing students' mindset aids in academic success
  - Increasing a growth mindset can decrease students' reluctance to remediate or fear of failure






# 5-Minute Pearls

- 5-minute sessions at the start of class
  - Total of 10 sessions spread out across the 16-week semester
- Introducing the concept to cultivate strategies of success

# 5-Minute Pearls Lesson Plans

- Sequencing

- Week 2: Evidence-Based Study Strategies
  - Week 3: Fixed and Growth Mindset defined
  - Week 4: Neuroplasticity – how does this concept relate to learning this semester
  - Week 5: How do we develop a growth mindset? Student perceptions captured.
  - Week 6: Importance of self-efficacy; Use of Positive Affirmations
  - Week 7: Positive Self-Talk
  - Week 10: Roadblocks to Success: Procrastination
  - Week 11: Self-improvement
  - Week 16: One-minute reflection papers
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# Week 16: 1-Minute Reflection



# Student & Faculty Key Takeaways

## Faculty

- Showing an interest in our students; taking the time to connect in small groups
- Easily added without crowding other content
- Appreciated the ability to promote affective learning and tools for roles socialization

## Student

- Open to learning about growth mindset (a new concept to many)
- Enjoyed short videos
- Relevant suggestions
- Easy “bites” to chew
- Simple strategies
- Achievable, quick and easy strategies

# Thank You

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