

## 25 Ways to Develop a Growth Mindset

### 1. Acknowledge and embrace imperfections.

Hiding from your weaknesses means you'll never overcome them.

### 2. View challenges as opportunities.

Having a growth mindset means relishing opportunities for self-improvement.

[Learn more about how to fail well.](#)

### 3. Try different learning tactics.

There's no one-size-fits-all model for learning. What works for one person may not work for you. [Learn about learning strategies.](#)

### 4. Follow the research on brain plasticity.

The brain isn't fixed; the mind shouldn't be either.

### 5. Replace the word "failing" with the word "learning."

When you make a mistake or fall short of a goal, you haven't failed; you've learned.

### 6. Stop seeking approval.

When you prioritize approval over learning, you sacrifice your own potential for growth.

### 7. 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.

### 8. Cultivate a sense of purpose.

Dweck's research also showed that students with a growth mindset had a greater sense of purpose. Keep the big picture in mind.

### 9. Celebrate growth with others.

If you truly appreciate growth, you'll want to share your progress with others.

### 10. Emphasize growth over speed.

Learning fast isn't the same as learning well, and learning well sometimes requires allowing time for mistakes.

**11. Reward actions, not traits.**

Tell students when they're doing something smart, not just being smart.

**12. Redefine “genius.”**

The myth's been busted: **genius requires hard work, not talent alone.**

**13. Portray criticism as positive.**

You don't have to use that hackneyed term, “**constructive criticism,**” but you do have to believe in the concept.

**14. Disassociate improvement from failure.**

Stop assuming that “room for improvement” translates into failure.

**15. Provide regular opportunities for reflection.**

Let students reflect on their learning at least once a day.

**16. Place effort before talent.**

Hard work should always be rewarded before inherent skill.

**17. Highlight the relationship between learning and “brain training.”**

The brain is like a muscle that needs to be worked out, just like the body.

**18. Cultivate grit.**

Students with that extra bit of determination will be more likely to seek approval from themselves rather than others.

**19. Abandon the image.**

“Naturally smart” sounds just about as believable as “spontaneous generation.” You won't achieve the image if you're not ready for the work.

**20. Use the word “yet.”**

Dweck says “not yet” has become one of her favorite phrases. Whenever you see students struggling with a task, just tell them they haven't mastered it yet.

**21. Learn from other people's mistakes.**

It's not always wise to compare yourself to others, but it is important to realize that humans share the same weaknesses.

**22. 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 them stimulated.

**23. Take risks in the company of others.**

Stop trying to save face all the time and just let yourself goof up now and then. It will make it easier to take risks in the future.

**24. Think realistically about time and effort.**

It takes time to learn. Don't expect to master every topic under the sun in one sitting.

**25. 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.

Briggs, S. (2015, February 10). 25 Ways to Develop a Growth Mindset. Retrieved from

<http://www.opencolleges.edu.au/informed/features/develop-a-growth-mindset/>