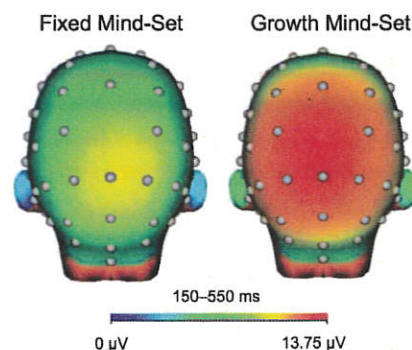


Believe in yourself, it changes what you do!

In a range of studies pioneered by Carol Dweck, it has been shown that people who have a growth mindset – who believe that they can learn anything, achieve at higher levels, in school and in life. Those with a fixed mindset who believe that their potential is limited, are held back by their ideas.

One study by Jason Moser and his colleagues gave insights into how this process takes place in the brain. His team studied brain activity when people took tests and found that when people made mistakes, there was more positive brain activity for those with a growth mindset than those with a fixed mindset. When people believed in their potential it changed the ways their brains operated.



Moser, J. S., Schroder, H. S., Heeter, C., Moran, T. P., & Lee, Y. H. (2011). Mind your errors: Evidence for a neural mechanism linking growth mind-set to adaptive posterror adjustments. *Psychological Science*, 22(12), 1484-1489.

This is a stunning finding that shows how important it is that students – and teachers – believe in themselves, it changes the ways people's brains work when they encounter challenging material, and it helps us understand why people with a growth mindset achieve at higher levels.

It is very important, as a teacher, to always encourage students to believe in themselves. Show them the impact of having a growth mindset and positive self beliefs. Tell students – all students – that you believe in them, and that you know they can learn anything.

This page shares more information that will be helpful for students and also support you in teaching for a growth mindset, <https://www.youcubed.org/resource/growth-mindset/>