

SCIENCE BEHIND METACOGNITION

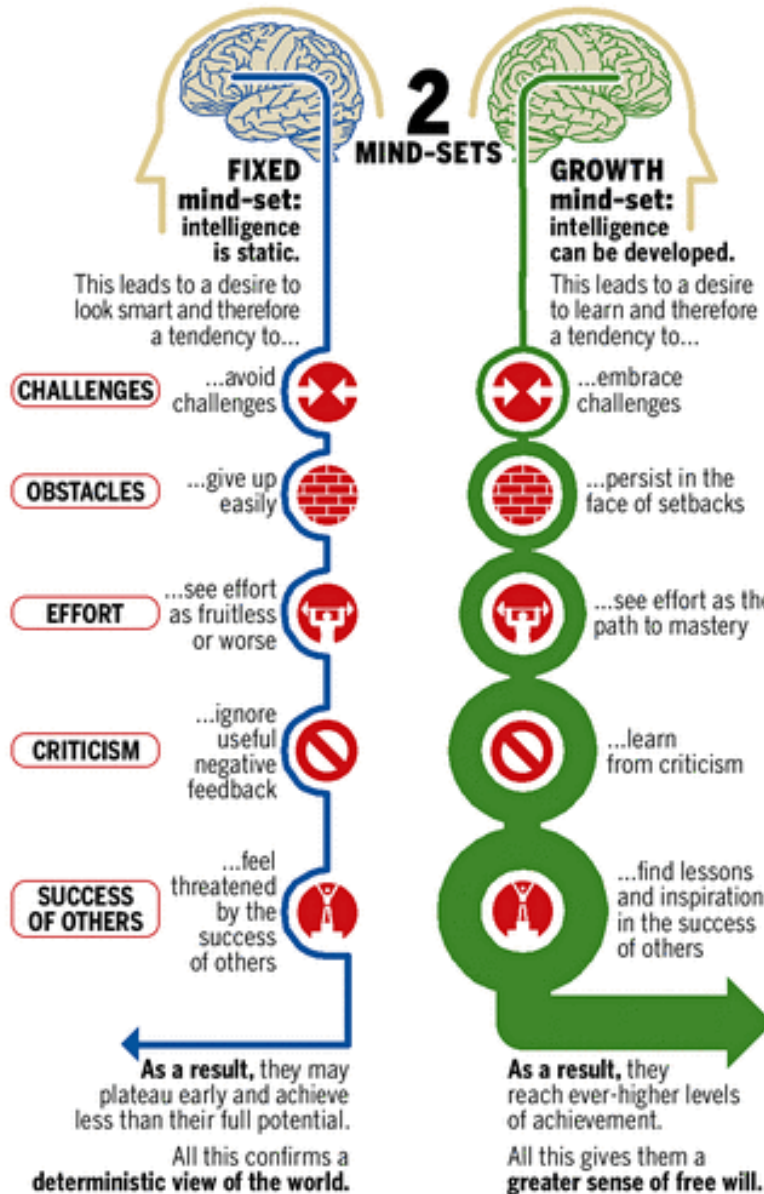
[Dweck Growth Mindset Chart](#) [Direct Download] - Help shape your students' success and achievement through understanding a student's mindset.

[Dr. Carol Dweck's Ted Talk](#) [YouTube Link] - "The Power of Believing You Can Improve,"

December 17, 2014

Takeaway lesson: Dr.

Dweck's research shows that mind-set is critical at times of transition. Some people have a "[fixed mind-set](#)" and believe that qualities like intelligence and personality are set. "So when you struggle or face a setback it means, 'Hey, you just don't have it,'" she explains. Those with a "growth mind-set" see that struggles can be overcome with effort, strategy and good instruction. Freshmen can recognize and counter the fixed mind-sets that kick in as they arrive on campus and are surrounded by supremely talented peers.



SELF-THEORIES, Stanford Professor: Carol S. Dweck

Class experience: Dr. Dweck's groundbreaking research has helped shape current wisdom about success and achievement — that failure and recovering from it are more

valuable than sticking with what you already know how to do. Dr. Dweck tells students to tackle something “they have never had the guts to try.”

A student belted out “The Phantom of the Opera” on a public bus; another struck up conversations with strangers in San Francisco. Ricardo Flores, a self-described introvert, challenged himself to run for dorm co-president and, though filled with anxiety, give a campaign speech. He spoke, and won the election. For his next task, Mr. Flores is honing his salsa skills in hopes of performing with Los Salseros de Stanford.