

Growth Mindset

Video: Growth Mindsets for Educators

(JO BOALER:) It's really important that the teachers themselves have growth mindsets, not just about maths but about themselves as people. One of the findings I share with teachers is that we now know that if you go into a situation with a growth mindset, believing that you can do anything, and you fail, your brain actually grows more than if you go into a situation with a fixed mindset and then you fail and you think I can't do this. It changes how your brain operates. So this is how we see people with a growth mindset doing better and better and better, they're actually, that attitude, that belief, is changing their brains. So, and I say to teachers, you know, you have to believe in yourselves. If you go into a situation, even as a, in a teaching situation, and you're thinking this is really hard and I'm going to fail, and you do, your brain will not react in the way that it will if you go into that situation thinking I can do this, I'm going to do it. So, we absolutely need teachers to have growth mindsets, many of them have been battered with fixed mindset messages as children. I have an online class that is really effective for teachers getting a growth mindset and they get the brain evidence and ways of thinking differently but it, we have to change teachers' mindsets in order to change kids'.