

Growth Mindset

Video: Impact on Students

(JO BOALER:) We know growth mindsets impact people's behaviour in and out of the classroom, in classrooms and in life, and it's interesting, the work that's being done where they've looked at the most successful entrepreneurs, they have found that the people who are most successful are the ones who failed the most. And it's not those people who don't make mistakes, it's the people who make more mistakes but they've managed to become this top entrepreneur because they've moved on from those mistakes, they've learned them, they've learned from them, they've just sort of taken them as learning opportunities and gone forward so, it seems that it's really critical to life, and even if you look at some of your greatest, most famous scientists like Einstein, everyone talks about Einstein being a genius but if all, if you read all the things Einstein talks about and says, they are so indicative of a growth mindset that he just keep going, and he was given so many failure messages actually as a child, but he kept going. And so, yeah, it seems that a growth mindset is really important for everybody in all areas of life. So students can completely change if they develop a growth mindset about maths and one of the things they change on is they will fail and keep going. And the problem now with the kids having a fixed mindset is when they fail or get things wrong they often think, oh I'm just not a math person, I'm giving up. So, when we change it kids become more persistent, they'll keep going on problems longer, they'll embrace mistakes and see them as learning opportunities, really profound differences for kids working on maths when they have that kind of approach where they're just going to keep going, they know they can do it, that's really a big thing. In our work with teachers, and we work with many teachers across different countries and hundreds of school districts a year, what we find is the best learning for teachers and the best way to move is to just try something differently and see what happens with the students. Nearly all the time teachers are really pleasantly surprised by what happens when they give kids more freedom in their ideas and their work. So we put up a week of maths lessons last summer onto a site, we call it the week of inspirational maths, and we said to teachers just try it, there's five lessons just try them. And each lesson started with a little mindset video for kids and we had a quarter of a million downloads of the lessons, they were used in every state across the US and many other countries as well. The kids loved them, the teachers thought it was fantastic how engaged the students were, the high levels of mathematical thinking. So for teachers who are worried my recommendation is always just try it, you know take this lesson and try it and see what happens.