## 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](http://www.opencolleges.edu.au/informed/features/the-gift-of-failure-50-tips-for-teaching-students-how-to-fail/)

**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](http://www.opencolleges.edu.au/informed/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 prioritise 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. Emphasise 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](http://www.opencolleges.edu.au/informed/features/what-does-it-mean-to-be-intelligent/).

#### **13. Portray criticism as positive.**

You don’t have to used that hackneyed term, “[constructive criticism](http://www.opencolleges.edu.au/informed/features/giving-student-feedback/),” 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**](http://www.opencolleges.edu.au/informed/features/16-ways-to-promote-grit-and-delayed-gratification-in-the-classroom/)**.**

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 favourite 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 realise 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 themselves 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.

**Cited From:** <http://www.opencolleges.edu.au/informed/features/develop-a-growth-mindset/#ixzz3TtIFxcIF>