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Description automatically generated  
Self-Regulation**

**How growth mindset can help you become a self-regulated learner**

*After you complete this lesson, you will be able to:*

* Describe growth, fixed and false growth mindsets.
* Identify growth and fixed mindset statements.
* Recognize why growth mindset is important to self-regulated learning.
* Reflect on a time you used a fixed mindset in a learning situation and how you could change it.

**What is growth mindset?**

The term growth mindset comes from Psychology Researcher and Professor, Carol Dweck.

Through her research, Dweck found that:

*“Individuals who believe their talents can be developed (through hard work, good strategies, and input from others) have a growth mindset. They tend to achieve more than those with a more fixed mindset (those who believe their talents are innate gifts). This is because they worry less about looking smart and they put more energy into learning.”*

**Check your learning**

A fixed mindset suggests that our abilities are innate and unchangeable, but a growth mindset suggests that we can improve our abilities through practice and feedback.

**The science behind mindsets**

A growth mindset is associated with successful learning, but why?

The growth mindset principles are supported by what we know about the brain and learning.

* Adult brains continue to develop over time by through learning.
* Working to master complex material results in the development of additional neural connections. In other words, by learning difficult material, you can actually become smarter.
* If you believe that you are able to succeed by working hard, you are more able to persevere through the difficult moments in learning, and continue to make progress towards your learning goals.

**But...**

Growth mindset does not suggest the belief that unsuccessful learners lack something within themselves to be successful—like grit, or positivity.

There are also many structural, socio-economic and individual factors that can impact our wellbeing and learning, but research shows that leaning into a growth mindset can be a useful approach and learning tool to help you in your academic journey.

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| Select the statements that are examples of a growth mindset. Select all that apply.   1. I tried so I guess that’s good enough. 2. I don’t know how to do this, but I can learn. 3. If I get feedback, I can learn something new and improve. 4. Maybe I can try this a different way. |

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| Select the statements that are examples of a fixed mindset. Select all that apply.   1. Feedback is a personal attack, so I should avoid it. 2. I messed up, I guess I’m not good at this. 3. I’ll look dumb if I ask questions. 4. That looks challenging, but I’m up for the task. |

[Three Ways to Spot a False Growth Mindset video transcript (.pdf)](https://ecampusontario.pressbooks.pub/app/uploads/sites/2971/2023/04/Three-Ways-to-Spot-a-False-Growth-Mindset-Video-transcript.pdf)

[](https://www.youtube.com/embed/qBavDhA0RoY?feature=oembed)

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| Which statement describes an example of a false growth mindset? Select all that apply.   1. I tried, so that’s all that matters. 2. I always have a growth mindset. 3. Having a growth mindset is good, so I guess I must have it. 4. I’m open and optimistic, so that means I have a growth mindset. |

**Listen & Learn**

[Audio transcript (.docx)](https://ecampusontario.pressbooks.pub/app/uploads/sites/2295/2022/01/H5P-Self-Regulation_How-growth-mindset-can-help-us-become-self-regulated-learners.docx)

**Growth mindset:** Approaches challenges and learning tasks with a growth mindset.

**Strategic:** Considers different and effective strategies, approaches, tasks strategically.

**Motivated:** Stays focused and motivated to achieve their goals and complete tasks.

**Learning oriented:** Focuses on the learning process and making progress in their learning.

**Reflective:** Reflects on their outcome, process, strategies and own learning.

**Reference:** Karlen, Yves & Hirt, Carmen & Liska, Alina & Stebner, Ferdinand. (2021). Mindsets and Self-Concepts About Self-Regulated Learning: Their Relationships With Emotions, Strategy Knowledge, and Academic Achievement. Frontiers in Psychology. 12. 661142. 10.3389/fpsyg.2021.661142.

**Let's reflect:** When was a time you approached a learning situation with a fixed mindset? How could you have changed your mindset? Click the button below to write down your response.

**Tip:** Save your response and revisit it the next time you are in a similar situation or find yourself stuck in a fixed mindset. How can you use this response to help you change your mindset?

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**Resources: Want to learn more about growth mindset?**

* Reading: A false growth mindset: <https://www.theatlantic.com/education/archive/2016/12/how-praise-became-a-consolation-prize/510845/>
* Activity: [University 101: Study, Strategize and Succeed](https://pressbooks.bccampus.ca/studystrategizesucceed) by Kwantlen Polytechnic University is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/), except where otherwise noted.
* Activity: [Growth & Goals: a module for any context, designed to develop learning skills](https://ecampusontario.pressbooks.pub/growthandgoalsindependent) by Alison Flynn; Elizabeth Campbell Brown; Emily O'Connor; Ellyssa Walsh; Fergal O'Hagan; Gisèle Richard; and Kevin Roy is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/), except where otherwise noted.

**Sources**

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4. https://ecampusontario.pressbooks.pub/growthandgoalsindependent/chapter/what-is-a-mindset/
5. https://www.kqed.org/mindshift/47160/carol-dweck-explains-the-false-growth-mindset-that-worries-her