**Strategies to Foster a Growth Mindset in the Classroom**

The following strategies not only help in the short term but also promote a love of learning for a lifetime.

* Teach students about neuroplasticity and how our brains grow and change with practice and effort. All brains have potential. People have different interests and talents, but we all can learn.
* Share challenges that you had and obstacles you have overcome with effort. Relate stories of people of greatness and the years of practice and coaching it took to be successful. i.e. Albert Einstein’s learning disability and his rise to genius.
* Offer appropriate challenges and scaffold steps with resources, prompts, and encouragement. Be there to help strategize, question, suggest, and encourage like a coach. Here are some examples of statements to encourage effort:
* I know you spent a lot of time on that. It will be worth it.
* Your effort really produced results.
* It may seem like hard work, but you are really coming along.
* With all the effort you are giving, you’ll soon be there.
* You really stuck to it. Good for you!
* Slow and steady wins the race! You’re coming along.
* I’m happy that you’re so dedicated. Good learners do that.
* You seem to be working really hard to figure that out.
* You’ve been really trying. Is there anything I can do to help?
* Did you know the geniuses have to work hard?
* Wow, you chose some good strategies that will probably help.
* Help students choose a reasonable goal and a plan to achieve it. A timeline and a list of resources may be useful. Chronicle progress in a journal.
* Explain to parents that praise for intelligence may be doing more harm than good. They may be undermining their children’s intelligence growth. Instead of praise for merely existing, parents are wiser to praise effort and persistence when children are persevering at a task. Students will develop a growth mindset and be ready to accept challenges in their lives.

excerpt from *The Motivated Brain*. Gayle Gregory. 2015.