Hera

Helping Empower Women through Reskilling and Advancement

From Theory To Practice: Growth Mindset in Real Life



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Growth Mindset: Learning, Failure, and Personal Development

- Understanding how beliefs about ability shape learning
- Evidence from psychology, neuroscience, and education
- Practical strategies to develop a growth mindset

Why Mindset Matters

Our beliefs about intelligence influence how we learn, respond to challenges, and pursue goals.

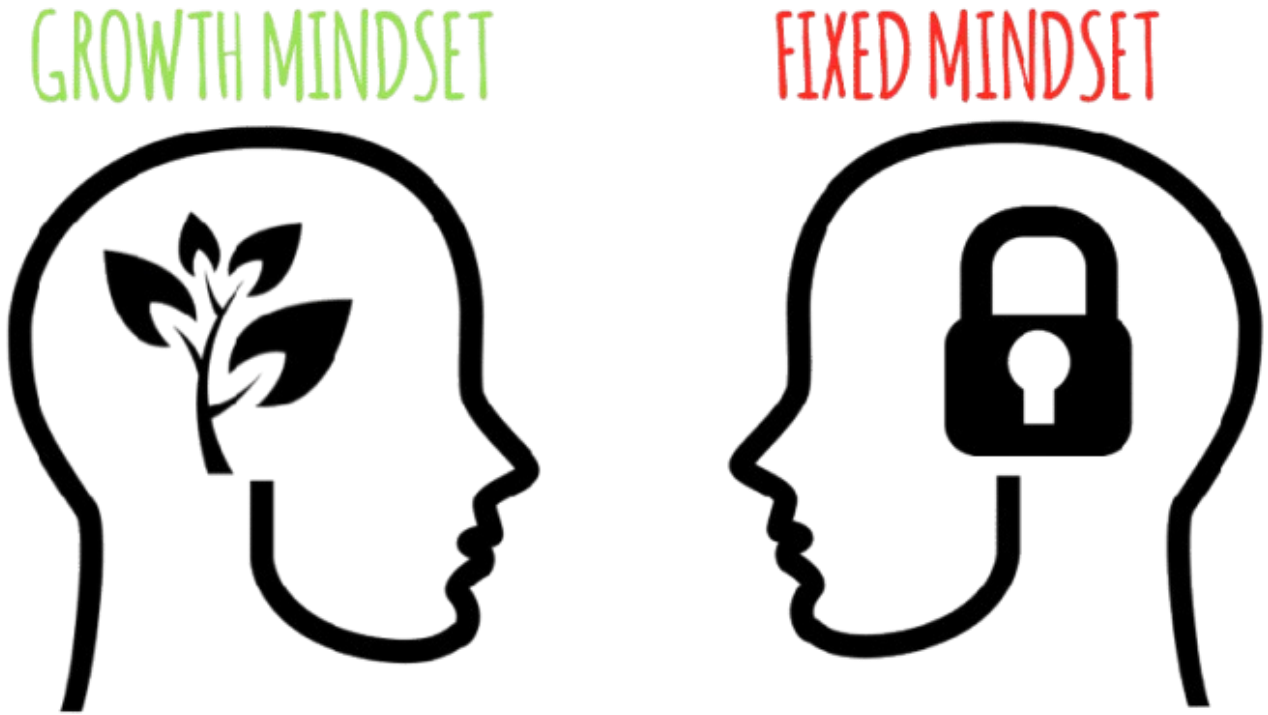
Research shows that beliefs about ability affect:

- motivation
- persistence
- response to failure
- long-term achievement

People who believe abilities can develop tend to achieve more than those who believe ability is fixed.



Two Types of Mindsets



Growth mindset

- Intelligence can develop
- Effort improves ability
- Challenges are opportunities to learn

Fixed mindset

- Intelligence and talent are static
- Effort signals lack of ability
- Failure threatens identity

Characteristics of a Fixed Mindset

People with a fixed mindset often:

- Avoid challenges
- Give up easily when facing difficulty
- See effort as pointless
- Ignore useful feedback
- Feel threatened by others' success

This limits learning and long-term performance.



Characteristics of a Growth Mindset

People with a growth mindset typically:

- Embrace challenges
- Persist through setbacks
- View effort as necessary for mastery
- Learn from feedback
- Find inspiration in others' success



The Science Behind Growth

- A growth mindset is supported by research on **neuroplasticity**.
- The brain can reorganize and form new neural connections through learning and experience.
- This means abilities are not fixed; they can improve through practice and learning strategies.

Learning Through Failure

Failure is a critical component of learning.

A growth mindset reframes failure as:

- feedback about strategy
- information about skill gaps
- an opportunity for improvement

People with growth mindsets view setbacks as temporary rather than defining.



Misconceptions About Growth Mindset

A growth mindset is often misunderstood.

Common **myths**:

- “Effort alone is enough.”
- “Everyone already has a growth mindset.”
- “Just praising effort creates growth.”

In reality, a growth mindset requires *effective strategies, feedback, and learning from mistakes*.

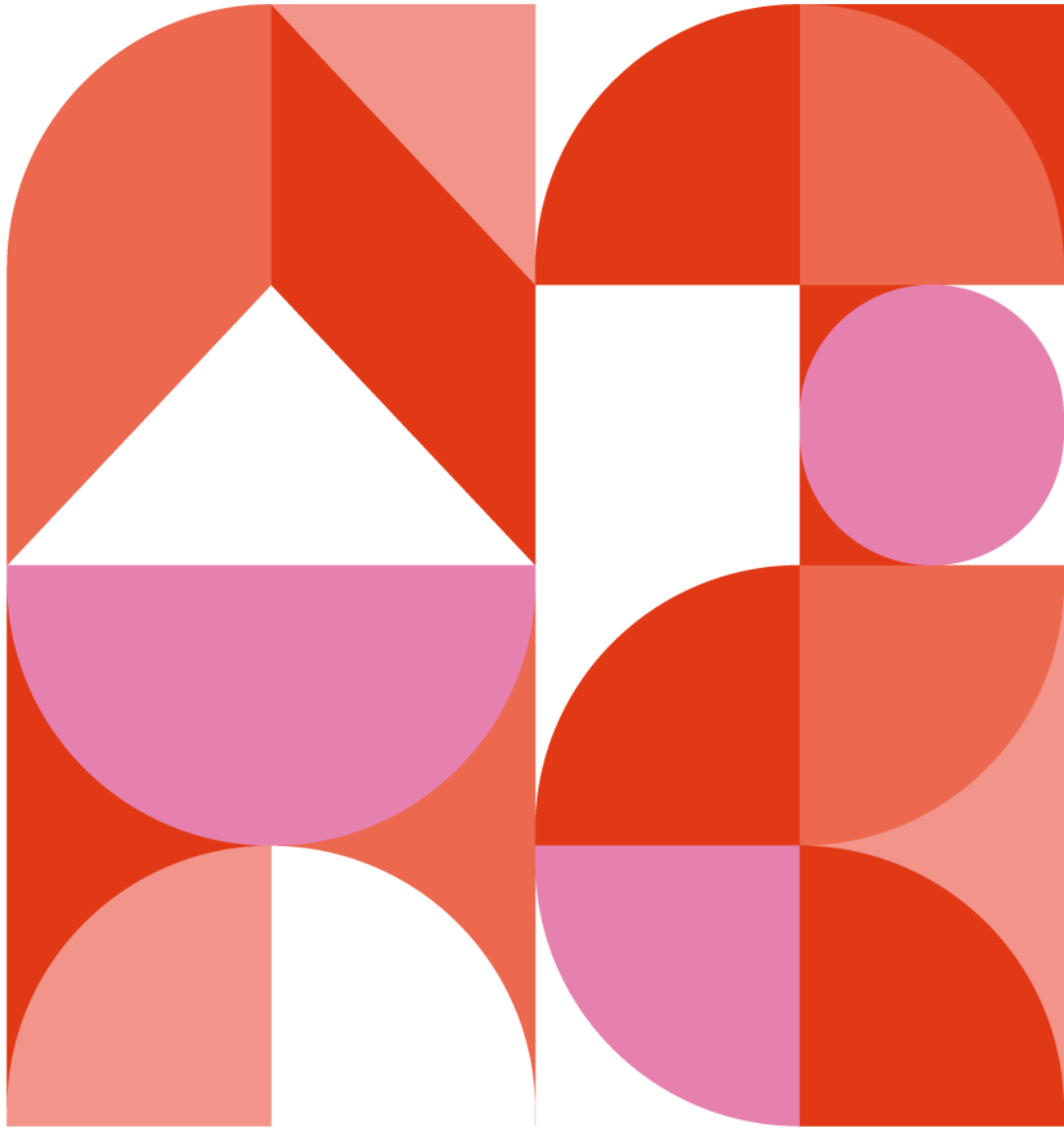


Growth Mindset in Education

Research shows that mindset influences:

- academic motivation
  - resilience
  - learning strategies
  - performance outcomes

People who believe intelligence can improve tend to invest more effort and persist longer in difficult tasks.



Mindset and Motivation

Beliefs about ability influence goal orientation.

Performance goals

- aim to appear smart
- avoid mistakes



Learning goals

- aim to improve ability
- embrace challenges

Growth mindset promotes learning goals and long-term mastery.

The Role of Feedback

Effective feedback encourages growth when it focuses on:

- strategies
- effort applied correctly
- learning processes

Feedback focused only on innate ability may reinforce a fixed mindset.



Practical Growth Mindset Strategies

Ways to develop a growth mindset:

1. Reframe mistakes as learning opportunities
2. Use the word “yet” (“I can't do this yet”)
3. Seek constructive feedback
4. Focus on learning processes rather than outcomes
5. Reflect on progress over time



TAKEAWAYS

Beliefs about ability influence learning and achievement

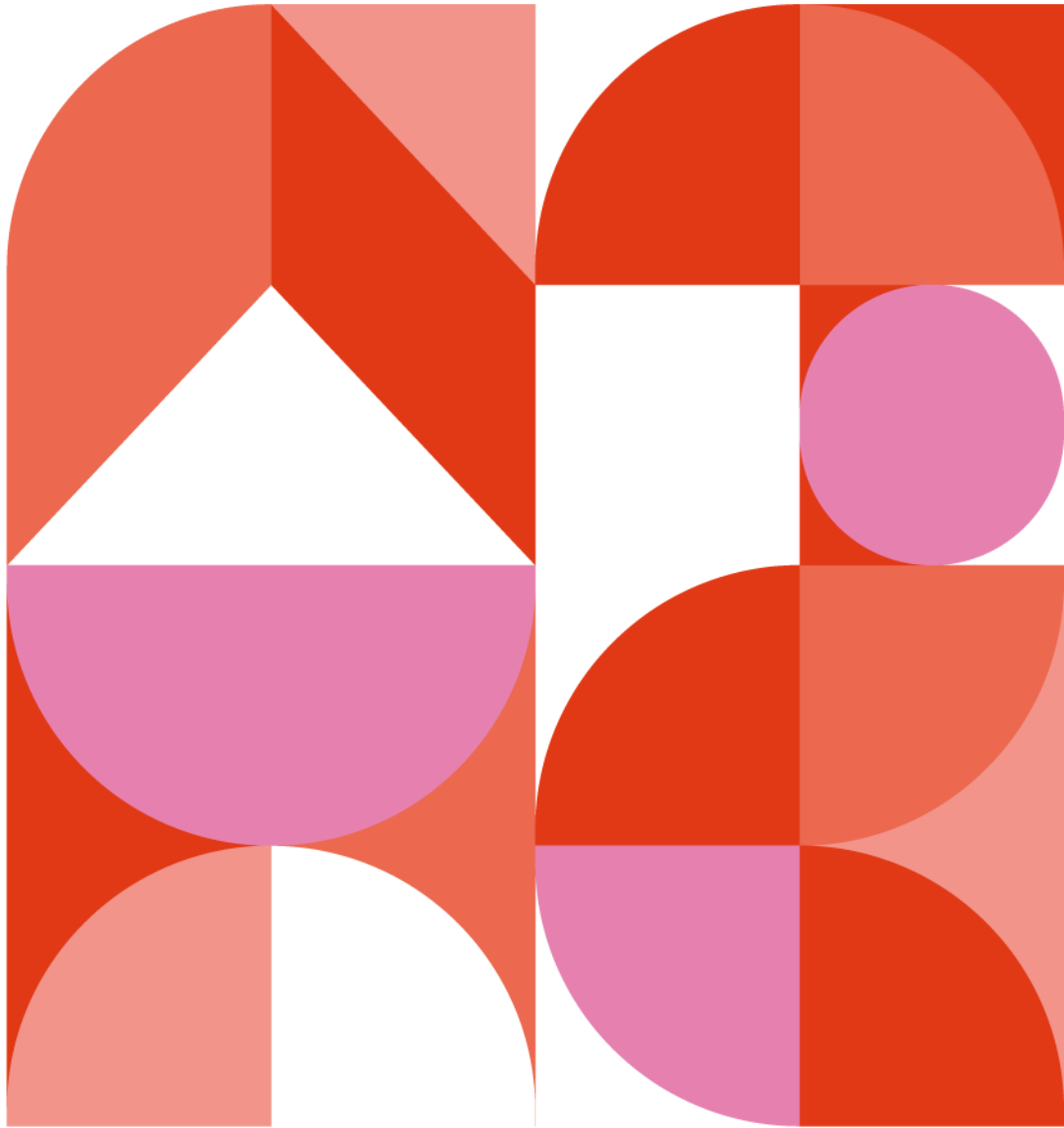
- Intelligence and skills can develop through effort and strategy
- Failure provides valuable feedback
- Growth mindset promotes resilience, learning, and long-term success

Developing a growth mindset means focusing on learning, persistence, and improvement over time.



References

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Thank you!

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