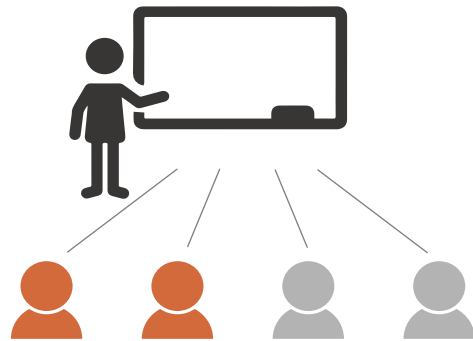


A Intervention 2024 Dataset

1 classroom

146 students



B

Mindset Module

reframing experiences & applying to own life

"Experiencing challenges — and even failure from time to time — can trigger a cascade of beneficial changes in your brain, both helping you to achieve your goals and to prepare to learn new things"

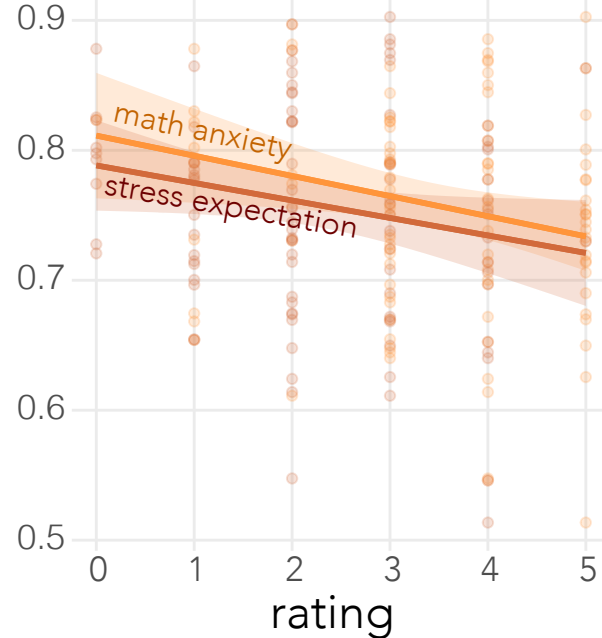
Control Module

information about biological mechanisms

"Neurotransmitters, chemicals that are involved in the communication between neurons, can be released in response to stressful stimuli and potentially enhance the encoding of memories"

C

quiz performance

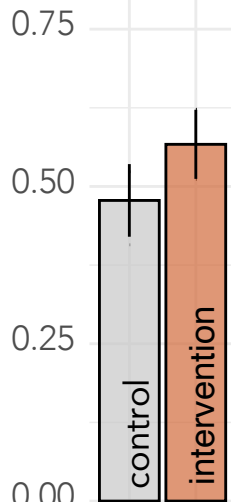


D

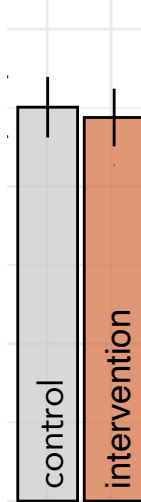
agree
↑
rescaled ratings
↓
disagree

stress-as-enhancing
mindset

strategic
mindset



Stress can help me to learn and grow.



Whenever I noticed that one approach was less effective, I reassessed ...