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Just the words "yet" or "not yet," we're finding, give kids greater confidence, give them a path into the

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future that creates greater persistence. And we can actually change students' mindsets. In one study, we.

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taught them that every time they push out of their comfort zone to learn something new and

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difficult, the neurons in their brain can form new, stronger connections, and over time they can get

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smarter.

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Look what happened: in this study, students who were not taught this growth mindset continued to

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a sharp rebound in their grades. We have shown this now, this kind of improvement, with thousands

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and thousands of kids, especially struggling students..

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So let's talk about equality. In our country, there are groups of students who chronically underperform,

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for example, children in inner cities, or children on Native American reservations. And they've done so

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poorly for so long that many people think it's inevitable. But when educators create growth mindset

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classrooms steeped in yet, equality happens. And here are just a few examples. In one year, a

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kindergarten class in Harlem, New York scored in the 95th percentile on the National Achievement Test..

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Many of those kids could not hold a pencil when they arrived at school. In one year, fourth grade

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students in the South Bronx, way behind, became the number one fourth grade class in the state of New

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York on the state math test. In a year to a year and a half, Native American students in a school on a

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reservation went from the bottom of their district to the top, and that district included affluent sections

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of Seattle. So the native kids outdid the Microsoft kids..

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This happened because the meaning of effort and difficulty were transformed. Before, effort and

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difficulty made them feel dumb, made them feel like giving up, but now, effort and difficulty, that's

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when their neurons are making new connections, stronger connections. That's when they're getting

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smarter.

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I received a letter recently from a 13-year-old boy. He said, "Dear Professor Dweck, I appreciate that

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your writing is based on solid scientific research, and that's why I decided to put it into practice. I put

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more effort into my schoolwork, into my relationship with my family, and into my relationship with kids

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at school, and I experienced great improvement in all of those areas. I now realize I've wasted most of.

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my life."

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Let's not waste any more lives, because once we know that abilities are capable of such growth, it

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becomes a basic human right for children, all children, to live in places that create that growth, to live in

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places filled with yet.

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Thank you.

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