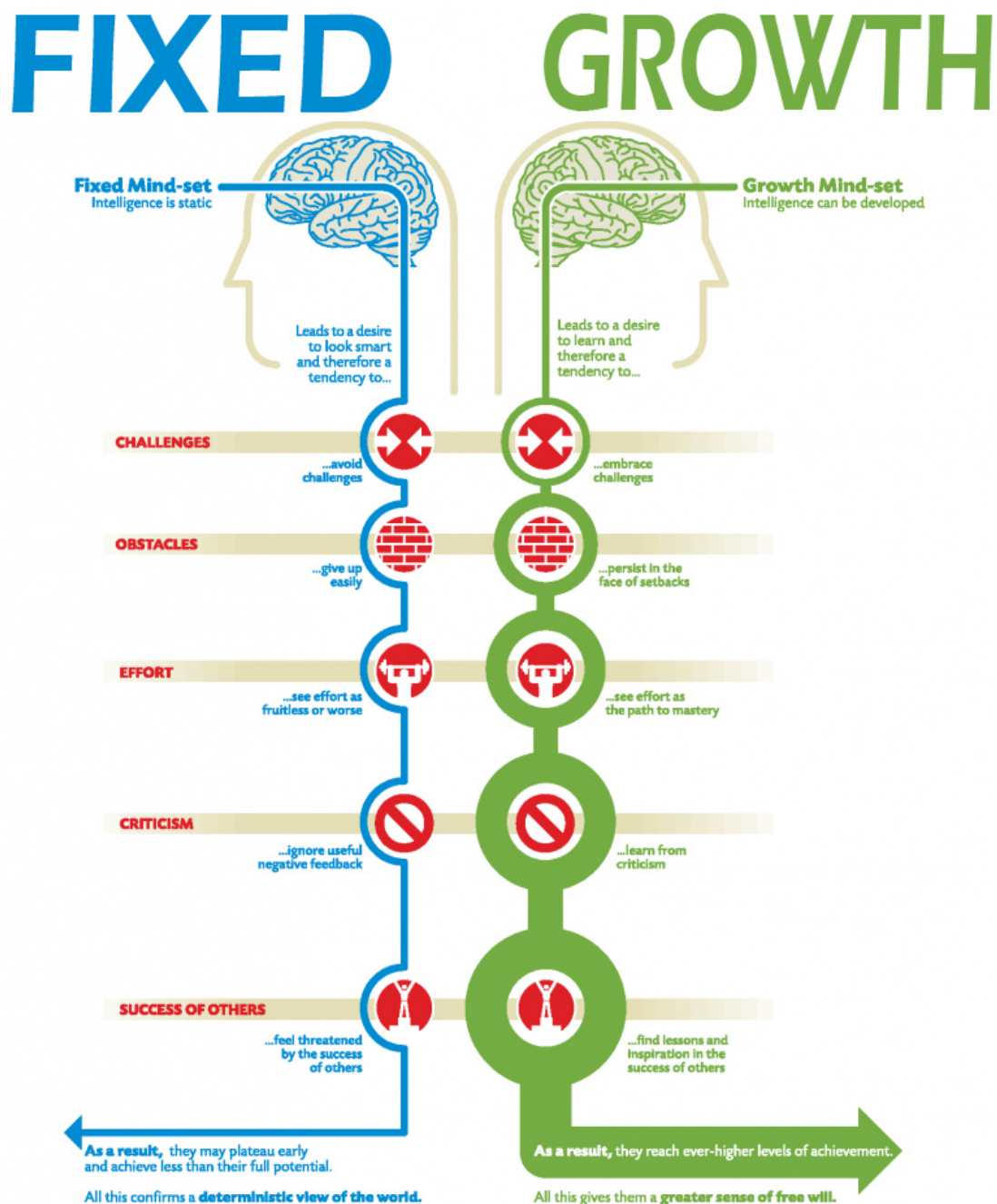# Mindset Interventions

There is a substantial body of work that suggests students learn much more effectively with an appropriate mindset. Perhaps the best known is the work on the growth mindset by Carol Dweck (http://en.wikipedia.org/wiki/Carol_Dweck). Dweck has strong evidence that if students believe that intelligence is fixed, they will learn less than if they believe intelligence is malleable. She has a set of interventions which help move students from a fixed intelligence to a growth intelligence mindset:

- Explain to students that, like your strength, your intelligence can change

- Complement students for effort, rather than for intelligence ("Great job! You must have worked really hard!" instead of "Great job! You're really smart!")

FIXED   **GROWTH**

Fixed Mind-set
Intelligence is static

Growth Mind-set
Intelligence can be developed

Leads to a desire to look smart and therefore a tendency to...

Leads to a desire to learn and therefore a tendency to...

CHALLENGES
...avoid challenges
...embrace challenges

OBSTACLES
...give up easily
...persist in the face of setbacks

EFFORT
...see effort as fruitless or worse
...see effort as the path to mastery

CRITICISM
...ignore useful negative feedback
...learn from criticism

SUCCESS OF OTHERS
...feel threatened by the success of others
...find lessons and inspiration in the success of others

As a result, they may plateau early and achieve less than their full potential.

As a result, they reach ever-higher levels of achievement.

All this confirms a **deterministic view of the world.**

All this gives them a **greater sense of free will.**

Khan Academy (http://www.fastcompany.com/3007951/tech-forecast/simple-khan-academy-interface-hack-improved-learning-5) has found that such interventions work on technology platforms as well, comparing simple motivational messages (which had no effect) to mindset interventions (which did).

What are some other ways we could use technology to develop mindset, especially in university-level courses?