Discover · The Science of Adolescent Learning

Academic Mindset

Step 1 - Research

Review the following core academic mindsets from Camille A. Farrington:

- 1. I belong in this academic community.
- 2. My ability and competence grow with my effort.
- 3. I can succeed at this.
- 4. This work has value for me.

Next, brainstorm two or three specific practices that you could build into your school design to help students develop each of these essential mindsets.

Step 2 - Reflect

Share findings with your team and explore these questions:

- Why is academic perseverance important for young people's future success?
- Which practices do you believe will most effectively help students develop academic perseverance?
- How might you build those practices into your school design?

Present your ideas to local experts and students to get additional suggestions.

What practices will most effectively help students develop core academic mindsets?	
Core academic mindset	Practices
1. I belong in this academic community	
2. My ability and competence grow with my effort	
3. I can succeed at this	
4. This work has value for me	