LEARNERS’ MINDSET AND ITS IMPLICATIONS TOWARDS SUCCESS

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People with a fixed mindset believe their intelligence and talents are fixed traits that cannot be improved. Hence, they often choose not to work on those qualities. They believe that their intelligence should not require effort and they lack perseverance when faced with difficult challenges. Moreover, they also believe that the need to exert effort in a task is proof that an individual is not smart or talented.

On the other hand, those with a growth mindset believe their talent and intelligence are qualities that one can develop through work and effort. These people often thrive in difficulties and embrace learning. They do not see mistakes or errors as a failure, but as feedback or opportunity to improve. Clearly, people with a growth mindset possess characteristics that are often associated with success. Fortunately, this mindset can be taught.

One key characteristic of a successful student is grit. For a student’s perspective, the road to their long-term goals might be meandering and their willingness to persevere would be partially determined by their grit. In simpler terms, grit is the drive that propels the students during difficult situations.

Furthermore, one aspect of grit is academic perseverance which is the ability to work hard and smart for a long time. That being said, students that possess grit are the most likely to pursue and finish higher education.

However, grit is not something that can easily be taught. From my review of related studies and own experience as an educator, I believe that grit is somewhat
correlated to the students’ motivation and mindset. Therefore, if we can help students to find motivation and change their outlook towards studying, we can help them acquire the grit and tenacity that they need to succeed.

Nevertheless, teaching higher-level thinking and non-cognitive skills are just as important in developing a healthy mindset. It is essential for today’s learners to have critical and creative thinking skills. Also, non-cognitive skills such as orderliness, time management, and goal setting are also traits that we want to reinforce among students. All of these are important ingredients for academic and professional success.

Additionally, successful individuals are known to love learning and challenging themselves. More often than not, these people grow strong and determined when facing unpleasant situations rather than losing confidence. Therefore, we should teach students how to change their perspective towards challenges and difficulties. We should let them know about the plasticity of the brain and how it can adapt through constant exposure to difficult tasks. Set up activities for them that would lead them to reflect on the satisfaction of overcoming obstacles towards a goal. This way, they could learn to appreciate challenges as an opportunity to grow.

In conclusion, I believe that about 80% of success or failure has to do with our mindset. Following my readings and observations, an individual’s mindset is the key differentiator between the hallmarks of success and mediocrity. Hence, as educators, we are responsible for shaping the mindset of our learners and lead them to the success.

References:

1] Susana Claro, David Paunesku, and Carol S. Dweck, Growth mindset tempers the effects of poverty on academic achievement, pub. 2016, retrieved from: https://www.pnas.org/content/113/31/8664.short