

DEVELOPING STUDENTS' FLEXIBLE MINDSET SKILLS

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Helping struggling students succeed is one of the reasons teachers do not stop learning all possible effective teaching practices, but finding the perfect approach can be difficult at times. No two students are alike, and low-performing students frequently face a variety of challenges, such as regular absenteeism, a lack of family assistance, or a learning disability. But, fortunately, how teachers see and respond to the needs of students has the potential to improve learning outcomes. The key is to approach students with a growth mindset and inspire them to see learning as a process rather than simply as a natural talent. A growth mindset can help students overcome learning challenges and build a love of learning, whether the teacher is dealing with gifted learners or struggling students.

The flexible mindset framework illustrates the conceptual understanding that can assist students in understanding the process of learning. Flexible mindsets go far beyond growth mindsets by incorporating both self-awareness and the techniques required to implement a growth mindset. A flexible mindset is the outcome of the interactions between self-awareness, transformative strategy, and determination, which allows learners to progress and express the ability to be organized about themselves.

The capacity to depart from one activity and deal with another or work on various concepts at the same time is referred to as cognitive flexibility. Cognitive flexibility allows people to learn faster, resolve issues more innovatively, and conform and react to new situations more efficiently. For this reason, it is significant in both school environments and the workplace. Skills, intellectual abilities, and attributes are versatile and can be honed through practice. People who have a growth mindset often see complicated

concepts as interesting opportunities, and they see mistakes as chances to improve their skills.

Nobody learns anything worthwhile without making mistakes. It is critical to shift students' perspectives about mistakes in order to foster learning growth. Encourage students to see their mistakes as a way toward mastery by inspiring them to have a flexible mindset. It is also essential to provide time for students to reflect on their successes and failures. Allowing the students to realize that everyone succeeds and fails contributes to lifelong learning. When instilling a growth mindset in students, it is important to recognize the process and effort they are putting in rather than the results alone. Praise them for pursuing, seeking assistance, or experimenting with new techniques rather than for their talent or intellect. Acknowledge them for their progress or how far they have come. Reassure them that working hard always precedes skill acquisition – and that learning is a continuous process. Fostering a growth mindset is just one useful strategy for helping students to succeed.

EFFECTIVE WAYS TO DEVELOP FLEXIBLE MINDSETS

1. Foster trusting environments. Teachers can start by looking at their own cultural norms, value systems, concerns, and perceptions about students, how they affect actions, and how life experiences positively affect present behaviors. Trust is built through the conscious use of language that communicates to students. Teachers' actions must be genuine, responsive, solution-oriented, dependable, and dedicated to the student's needs. This establishes the foundation for co-learning and other important flexible mindsets.
2. Inculcate learning through metacognition. This concentrates on self-awareness and other people's points of view. By cultivating self-awareness around potentials such as genuine interest, flexibility, logical analysis, dynamic problem-solving, and imagination, flexible mindsets go far beyond traditional metacognitive measures.

3. Teach positive opportunities in making mistakes. As young as four years old, children can start to discover how things work. Students of all levels can be guided to describe basic mental abilities and indicate their own related strengths and weaknesses in learning about the world. This allows students to redefine mistakes, teach students the value of being not all-knowing, and exercise how to contend with the material in order to make it valuable.

4. Provide direct and innovative instructional learning practices. Students with flexible mindsets must use suitable approaches based on existing evidence regarding how the brain works. For students to value the importance of reflecting on the content learned and how it is learned, these strategies must be taught intentionally, directly, and repeatedly. This encourages students to put forth the effort necessary to learn new techniques. The most simple and direct way to support students about methods is to model, classify, and share various classroom strategies.

5. Provide constructive responses based on the utilized strategy. Unlike effort-based feedback, strategy-based feedback is precise enough to be assessed, worked on, and utilized to monitor performance. Flexible mindset responses are also known as solutions-oriented, compassionate, and strategy-specific feedback. This feedback motivates teachers and students to try a new approach to address the problem. When students reflect on their learning experiences, they receive powerful feedback.

References:

<https://www.edutopia.org/article/guiding-students-develop-flexible-mindset>