

## THE POWER OF A GROWTH MINDSET IN LEARNING

by:

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Learning is a lifelong process, and the way we approach challenges can make a big difference in our success. One of the most important mindsets that can help learners, teachers, and even professionals improve is the growth mindset. This mindset is the belief that abilities and intelligence can develop through effort, learning, and perseverance.

What is a Growth Mindset?

A Psychologist Carol Dweck first proposed the idea of a development mindset. She found that individuals often had one of two mindsets:

1. Fixed Mindset – People with a fixed mindset believe that intelligence and talent are unchangeable. They think that if they are not naturally good at something, they will never improve. Because of this, they often avoid challenges, fear failure, and give up easily.

2. Growth Mindset – People with a growth mindset believe that abilities can be developed through practice and effort. They see challenges as opportunities to learn and are willing to work hard to improve.

Why is a Growth Mindset Important in Learning?

Having a growth mindset helps learners in many ways:

Encourages Resilience – Learning is not always easy, and everyone experiences failure. However, learners with a growth mindset understand that mistakes are part of

the process. Instead of feeling discouraged, they use failures as lessons to do better next time.

**Boosts Motivation** – When learners believe that they can improve, they become more motivated to put in the effort. They are more likely to stay focused, work hard, and keep trying even when things get tough.

**Develops a Love for Learning** – A growth mindset helps learners see learning as an exciting journey rather than a task they need to complete. They become curious, ask more questions, and explore new ideas without fear of making mistakes.

How Can We Develop a Growth Mindset?

A growth mindset is not something we are born with—it is something we can develop over time. It can be cultivated in the following ways:

1. **Embrace Challenges** – Instead of avoiding difficult tasks, learners should see them as opportunities to grow. The more they challenge themselves, the more they learn.

2. **Learn from Mistakes** – Mistakes are not failures but lessons. When learners reflect on their errors, they gain valuable insights that help them improve.

3. **Use Positive Language** – Instead of saying, “I can’t do this,” Learners should say, “I can’t do this yet.” Adding “yet” reminds them that improvement is always possible with effort.

4. **Celebrate Effort, Not Just Results** – Success is not only about getting the right answers but also about the hard work put into learning. Praising effort rather than natural ability encourages learners to keep trying.

5. Seek Feedback and Keep Practicing – Constructive criticism helps learners understand what they need to improve. The key is to accept feedback with an open mind and use it to get better.

A growth mindset is a powerful tool that can transform the way learners learn and approach life. By believing in their ability to improve, they become more resilient, motivated, and open to challenges. Developing this mindset takes time, but with practice, anyone can learn to embrace learning with confidence and enthusiasm.

By choosing to grow, we open doors to endless possibilities.

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