

RESEARCH STATEMENTS SET 2 OF 5

What if I told you that you will get better with practice?

“For students to experience growth, they need to be working on questions that challenge them, questions that are at the edge of their understanding. And they need to be working on them in an environment that encourages mistakes and makes students aware of the benefits of mistakes. This point is critical. Not only should the work be challenging to foster mistakes; the environment must also be encouraging, so that the students do not experience challenge or struggle as a deterrent, both components need to work together to create an ideal learning experience.”

(Boaler, 2019, p. 49)

“...as soon as people become anxious about it, their brains are compromised. Anxiety in any subject area has a negative impact on the functioning of the brain. It is critical that we change the messages that we are given to learners about their ability and rid education and home of anxiety-inducing teaching practices.”

(Boaler, 2019, p. 4)

What if I told you that you will get better with practice?

“The times when we are struggling and making mistakes are the best time for brain growth.”

(Boaler, 2019, p. 47)

“The new brain science showing that we have unlimited potential is transformative for many—and that includes those diagnosed with learning disabilities...The approach of special education in schools has been to identify students’ weaknesses and teach around them, essentially teaching to their strengths. [Barbara Arrowsmith-Young’s] approach is the opposite. The teachers work to identify brain weaknesses and then teach to them—building up the brain pathways and connections that students need.”

(Boaler, 2019, pp. 27–30)

What if I told you that you will get better with practice?

“The researchers [David Yeager and Carol Dweck] found that people with a growth mindset respond to conflict with less hatred, less shame, and less desire to be aggressive. Their improved response to conflict comes about because they view others as being capable of change.”

(Kahn, 2012, p. 2)

“People may start with different temperaments and different aptitudes, but it is clear that experience, training, and personal effort take them the rest of the way.”

(Dweck, 2007, p. 55)

Boaler, J. (2019). *Limitless mind: Learn, lead, and live without barriers*. HarperOne.

Dweck, C. S. (2007). *Mindset: The new psychology of success*. Random House Publishing Group.

Salman, K. (2012). *The one world schoolhouse: Education reimagined*. Hodder & Stoughton.