Creating a **Learning Mind-Set**
For Academic Success

“In college you learn how to learn. Having the *right learning mind-set* increases your chances for Academic Success.”

**What is a learning mind-set**

A learning mind-set is your attitude and belief in your ability to learn new material. Your learning mind-set may be different depending on the subject matter and assignment. There are two types of learning mind-sets: Fixed and Growth.

**Examples of a fixed Learning Mind-Set**

- “I am born with a certain amount of intelligence and that won’t change very much.”
- “No matter how much I try, I won’t see the results.”
- “I am going to feel worse if I try hard and don’t succeed.”
- “I guess I am unlucky that I did not get the right *fill in the subject* genes.”

**Examples of a growth learning mind-set**

- “I know there is always room for improvement.”
- “My ability to learn is more associated with my effort than my intelligence.”
- “Learning does not happen all at once.”
- “I am not afraid to learn new material.”

**Formula for academic success**

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\text{Growth Learning Mind-Set} + \\
\text{Life/Academic Dreams/Goals} + \\
\text{Knowing How to Learn (Study Skills)} + \\
\text{Effort} = \\
\text{ACADEMIC SUCCESS}
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Find out more information on how to create a growth learning mind-set, contact,

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