

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

Growth Learning Mind-Set
+
Life/Academic Dreams/Goals
+
Knowing How to Learn
(Study Skills)
+
Effort
=
ACADEMIC SUCCESS

Find out more information on how to create a growth learning mind-set, contact,

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