**List of Mindset Resources**

**WEBSITES:**

* These two websites are dedicated to programs/interventions aimed at promoting growth mindsets (includes articles, videos, and other free resources; you can also sign-up to receive newsletters):
  + <http://www.mindsetworks.com/>
    - Free resources link:<https://www.mindsetworks.com/free-resources/default>
  + [https://www.mindsetkit.org](https://www.mindsetkit.org/)
* Teaching Channel:<https://www.teachingchannel.org/deeper-learning-playlist-growth-mindset>
* Good Infographic:<http://alumni.stanford.edu/content/magazine/artfiles/dweck_2007_2.pdf>

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**VIDEOS**

* **Carol Dweck discusses mindset research**
  + TED talk: “The Power of Believing You Can Improve” (2014):<https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve>
  + 'Mindset - the new psychology of success” presentation at Happiness & Its Causes Convention (2013):<https://www.youtube.com/watch?v=QGvR_0mNpWM>
  + Interview where she explains research showing how important it is for learners to link success with their effort (circa 2010?):<https://www.youtube.com/watch?v=ICILzbB1Obg>
  + Discussing the effects of praise on mindset (from the Vook "Mind in the Making: The Essential Life Skills Every Child Needs):<https://www.youtube.com/watch?v=TTXrV0_3UjY>
  + “Teaching a growth mindset” at Young Minds (2013):<https://www.youtube.com/watch?v=kXhbtCcmsyQ>
  + with Greg Walton talking about Growth Mindset:<https://vimeo.com/89521168>
* **Other videos:**
  + “The Power of Belief - Mindset and Success” (Eduardo Briceno at TEDxManhattanBeach, 2013):<http://ed.ted.com/on/aVMPCOpr>
  + SCiShow Your Brain is Plastic:<https://www.youtube.com/watch?v=5KLPxDtMqe8>
  + Khan Academy growth mindset video:<https://www.khanacademy.org/youcanlearnanything>
  + Overview of mindsets:<http://greatergood.berkeley.edu/gg_live/parenting_videos/video/fostering_growth_mindsets>

**SELECT BOOKS/ARTICLES**

* **Dweck, C. (2006). *Mindset: The new psychology of success*. Random House.**

***\*Includes appendices with several examples/versions of mindset measures.***

* Blackwell, L., Trzesniewski, K., & Dweck, C. S. (2007). Implicit theories of intelligence predict achievement across an adolescent transition: A longitudinal study and an intervention. *Child Development*, *78*(1), 246–263
* Dweck, C., Walton, G. M., & Cohen, G. L. (2014). *Academic tenacity: Mindsets and skills that promote long-term learning*. Seattle, WA: Bill & Melinda Gates Foundation. (Available at: <https://ed.stanford.edu/sites/default/files/manual/dweck-walton-cohen-2014.pdf>)
* Hong, Y. Y., Chiu, C. Y., Dweck, C. S., Lin, D. M. S., & Wan, W. (1999). Implicit theories, attributions, and coping: A meaning system approach. *Journal of Personality and Social psychology*, *77*(3), 588-599.
* Hulleman and Harackiewicz, (2009) Promoting Interest and Performance in High School Science Classes. *Science,* 326 (5958), pp. 1410-1412.
* Kennett, D. J., & Keefer, K. (2006). Impact of learned resourcefulness and theories of intelligence on academic achievement of university students: An integrated approach. *Educational Psychology*, *26*(3), 441-457.
* Kosovich, J. (2014, Dec 18). Adapting value and mindset interventions to the community college setting. Retrieved from: <http://www.carnegiefoundation.org/blog/adapting-value-mindset-interventions-community-college-setting/>
* Miyake, A., Kost-Smoth, L. E., Finkelstein, N. D., Pollock, S. J., Cohen, G. L., & Ito, A. (2010). Reducing the gender achievement gap in college science: A classroom study of values affirmation. *Science*, *330*, 1234–1237
* Paunesku, D., Walton, G. M., Romero, C., Smith, E. N., Yeager, D. S., & Dweck, C. S. (2015). Mind-Set Interventions Are a Scalable Treatment for Academic Underachievement.  *Psychological Science, 26,* 784-793.
* Walton, G. & Cohen, G. (2011). A brief social-belonging intervention improves academic and health outcomes of minority students. *Science,* *331*, 1447-1451.
* Yeager, D. S., & Dweck, C. S. (2012). Mindsets that promote resilience: When students believe that personal characteristics can be developed. *Educational Psychologist*, *47*(4), 302-314.
* Yeager, D. S., Johnson, R., Spitzer, B. J., Trzesniewski, K. H., Powers, J., & Dweck, C. S. (2014). The far-reaching effects of believing people can change: Implicit theories of personality shape stress, health, and achievement during adolescence. *Journal of Personality and Social Psychology*, *106*(6), 867
* Yeager, D. S., Romero, C., Paunesku, D., Hulleman, C. S., Schneider, B., Hinojosa, C., ... & Trott, J. (2016). Using design thinking to improve psychological interventions: The case of the growth mindset during the transition to high school. *Journal of Educational Psychology*, *108*(3), 374.
* Yeager, D. S., & Walton, G. M. (2011). Social-psychological interventions in education: They’re not magic. *Review of educational Research*, *81*(2), 267-301.
* Yeager, D, G. Walton and G Cohen. (2013). Addressing achievement gaps with psychological interventions. Kappanmagazine.org, *94*(5).

**Popular Media Articles (less technical, great for students to read)**

* Dweck, C. (2015). The Secret to Raising Smart Kids. Scientific American. (Available at: <https://www.scientificamerican.com/article/the-secret-to-raising-smart-kids1/>)
* Duckworth, A. (2016). Why millennials struggle for success. CNN. (Available at: <http://www.cnn.com/2016/05/03/opinions/grit-is-a-gift-of-age-duckworth/index.html>)
* Gross-Loh, C. (Carol Dweck Interview, 2016). How Praise became a Consolation Prize. The Atlantic. (Available at: <https://www.theatlantic.com/education/archive/2016/12/how-praise-became-a-consolation-prize/510845/>)
* Kamenetz, A. (2015). The Writing Assignment that Changes Lives. NPR. (Available at: <http://www.npr.org/sections/ed/2015/07/10/419202925/the-writing-assignment-that-changes-lives>Kosovich. J. (2014). Adapting Value and Mindset Interventions to the Community College Setting. Carnegie Foundation. (Available at: <https://www.carnegiefoundation.org/blog/adapting-value-mindset-interventions-community-college-setting/>)
* Trei, L. (2007). New study yields instructive results on how mindset affects learning. Stanford News. (Available at: [h**ttp://news.stanford.edu/news/2007/february7/dweck-020707.html**](http://news.stanford.edu/news/2007/february7/dweck-020707.html)**)**

**Online Scales/Surveys:**

\*note that copies of scales can also be found in Dweck’s book and several of the articles listed in the reference section above

* Mindset booksite <http://mindsetonline.com/testyourmindset/step1.php>
* PERTS surveys of mindset:<http://survey.perts.net/>
* Grit survey (a similar/related construct): <http://angeladuckworth.com/grit-scale/>