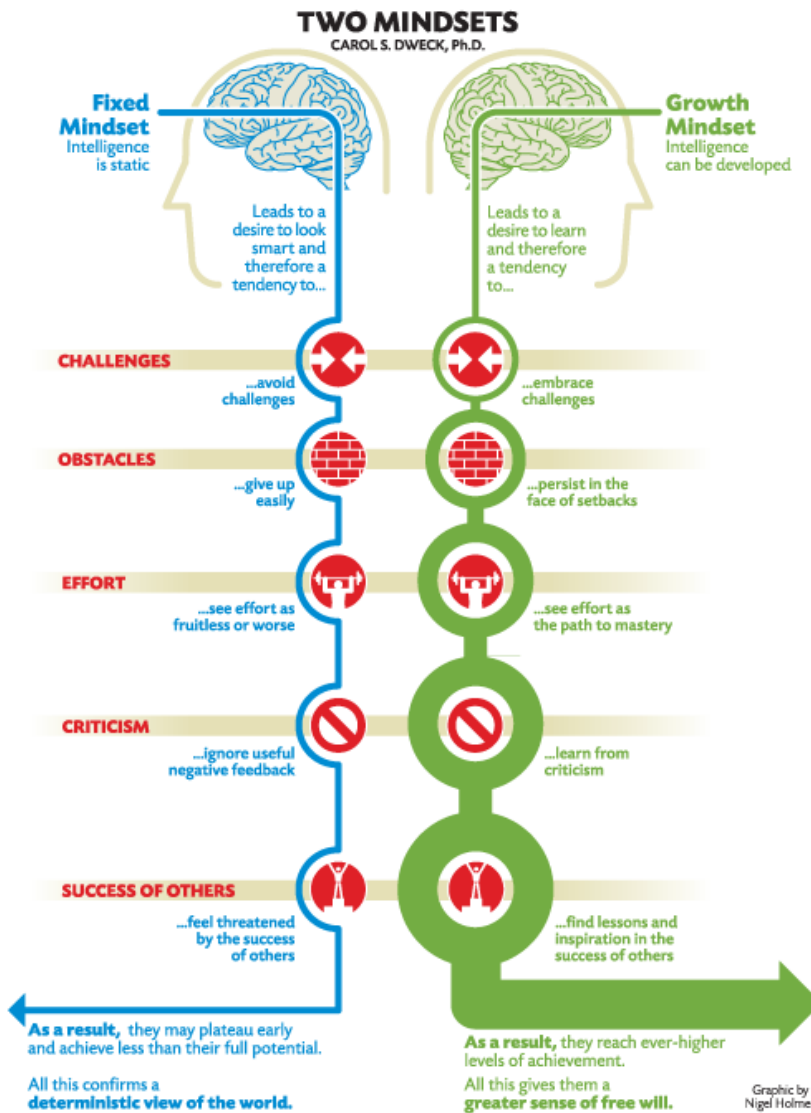


Brain Research Shows that Struggle Activates Learning

Growth Mindset vs. Fixed Mindset

Meaningful learning tasks need to challenge every student in some way. It is crucial that no student be able to coast to success time after time; this experience can create the fixed-mindset belief that you are smart only if you can succeed without effort."

Carol Dweck, Professor of Psychology, Stanford



"Curiosity prepares the brain for better learning. Curiosity motivates us to find out more and helps our brains remember what we discover." ~Daisy Yuhas – Scientific American

The more curious a subject was, the more his or her brain engaged this anticipatory network. "This anticipation was really important." ~Matthias Gruber – UC Davis cognitive neuroscientist

"Trying something and failing is how children learn and make discoveries about themselves and the world around them." ~Jessica Lahey – author of *The Gift of Failure*

"Fear of failure destroys the love of learning." ~Holly Korbey – KQED News