Mindset Check-in

University of West Georgia

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The Cornerstone (FYS) Lab

Each student is required to complete four common modules parallel to their XIDS 2002 course

- Career Reflection (YouScience)
- Academic Skill Building (e.g. tutoring, SI)
- Academic Planning (Advising)
- Growth Mindset
Mindset Presentations

● Our team delivers a workshop to all 58 sections with three goals
  ○ Encouraging students to ask for help when faced with challenges or missing information
  ○ Explaining resources available to promote their success
  ○ Understanding Growth Mindset
Preliminary Findings

- Based on our exit ticket thus far (n=83)
  - About 60% of our students have heard of Growth Mindset prior to our visit (50)
  - About 80% of our students believe that Growth Mindset will be “Very Helpful” to them (67)
In your words, how would you define Growth Mindset?
Additional UWG Happenings

- **New Student Programs** developed smaller, more personalized orientation experiences for new students.
- **History** classes included reflective writing assignments linked to professional and career goals.
- **Advising** developed focused interventions for students on or near academic probation that included Mindset frameworks.
- **Math** faculty received a grant to develop a Mindset and growth training.
- **Center for Academic Success** conducts mindset and growth training for coaches and tutors.
- Courses in **French** include an interactive Growth Mindset & Grit module.
- **Academic Testing** employs a variety of Mindset interventions to assist with testing anxiety.