

Mindset Check-in

University of West Georgia

Dr. Ryan Bronkema, Director of Academic Transition Programs



CORNERSTONE

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**



CORNERSTONE

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



CORNERSTONE

Preliminary Findings

- Based on our exit ticket thus far (n=83)
 - About 60% of our student 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)



CORNERSTONE

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