

# ACADEMIC TENACITY

Mindsets and Skills that Promote Long-Term Learning

## What is Academic Tenacity?

Academic Tenacity is a set of mindsets and skills that promote focus on long-term goals, and persevere when challenges arise.

Academic Tenacity, coined by Dr. Carol Dweck, encourages the growth of a positive learning mindset in the presence of a challenge. This is known as **Mindset Intervention**.



## Steps to Successful Academic Tenacity

1. **Creating a positive mental mindset:** Dweck argues that a fixed mindset can challenge academic growth.
2. **Establish learning goals instead of performance:** By establishing a goal to achieve in learning, rather than a goal for a high grade, this leads to higher academic Tenacity and greater sense of a growth mindset.
3. **Establish long-term goals:** creating long-term goals provides students with a purpose to their learning, and provides value to themselves in becoming greater overall in the long-term.
4. **Promoting social-belonging:** Schools and teachers that provide a greater sense of social belonging to students, or students who feel strongly connected socially to their school, teachers, and peers, are shown to have more motivation and higher academic success. (Dweck et. al, 2014).
5. **Facing challenges:** students who face challenges and accept challenges with enthusiasm, and teachers who provide meaningful challenge to their students, demonstrate a higher academic tenacity and growth mindset.
6. **Scaffolding:** Providing scaffolding, or branches and supports to students who may need them in their learning growth and goals creates a more streamlined and positive learning situation, and more success from the student.
7. **Continued Encouragement:** encouraging our students in their goals, mindsets, and growths, and assisting where possible provides reassurance and tenacity when difficult challenges may arise.

## Sources

Dweck, C. S., Walton, G. M., & Cohen, G. L. (2013, November 30). Academic tenacity: Mindsets and Skills that Promote Long-term Learning. Bill & Melinda Gates Foundation

Smith, D. (2019). Growth mindset vs. Fixed mindset diagram. The Growth Mindset. Retrieved from <https://blog.darrensmith.com.au/the-growth-mindset-959cf1aaab9>.