

Students at the Ursuline School understand and believe that their abilities are not fixed; they are able to learn and they can train their brains with practice. They are motivated to take on challenges as they are cognizant that they will grow from these. Ursuline students focus on improvement and see effort as a way to build their abilities. They believe in productive struggle and see mistakes as a natural part of the learning process, one that urges them to work harder. They are eager to use their setbacks as a learning experience and continue to improve. Overall, Ursuline students welcome feedback as it provides useful direction toward areas to work on.

Teachers at the Ursuline School believe in the capacity of all students to grow and cultivate in students a belief in their own growth. Teachers help students focus on and value the process of learning and support the productive struggle that naturally comes with that process. Recognizing that small wins repeated over time lead to a growth mindset, teachers set achievable micro-goals to encourage students' consistent, incremental progress. When students succeed, teachers praise their efforts and strategies as opposed to their intelligence or grade.

Parents of students at The Ursuline School understand that talk about ability and learning has a powerful effect on their daughter's beliefs. They are mindful of their own beliefs and of the messages they send with their words and actions. Parents of students at The Ursuline School model learning from failure and are proponents of productive struggle. They model talking positively about making mistakes and as a result their daughter thinks of mistakes as a natural part of the learning process. When their daughter succeeds, parents praise her efforts and strategies as opposed to her intelligence or grade.

Students, Teachers and Parents all see the tenets of Growth Mindset as an integral part of the process of building strong, resilient women who are capable of navigating this complex world.