The Effect of Growth Mindset Training on Self-Esteem
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The benefits of having a growth mindset (believing that the mind is malleable and learns from failures) are at the forefront of current psychological research. Having this mindset has been shown to drastically improve children’s academic skills and grit. We worked with children ages 6-12 from the Boys and Girls Club of Rutland to examine the relationship between growth mindset training and self-esteem using a within-subject pre-post test design. Our findings indicated no statistically significant improvement. Though we were not able to produce significant results in the extremely limited time frame we had to work with the kids, most of them indicated that they enjoyed the program and had learned something about growth mindsets. Had we been able to continue the study, we may have been able to reproduce the results of existing mindset research.