

PSYCHOLOGY OF LEARNING - THUMBNAIL SKETCHES

GROWTH MINDSET (Carol Dweck)

Let's not try to prove how smart we already are.

Let's seek out new opportunities to fail, to improve, to learn.

Effort + Good Strategies + Help from Others = Intelligent Practice

The Power of Yet: I don't know how to do this ... yet. I don't understand this ... yet.

GRIT (Angela Duckworth)

What makes us persevere in the face of difficult challenges?

Interest + Deliberate Practice + Purpose = Grit

Effort Counts Twice: talent x effort = skill, skill x effort = accomplishment

Easy In, Easy Out. The more I struggle with a new idea, the longer I remember it.

FLOW (Mihaly Csikszentmihalyi)

Losing ourselves in sustained focus is one of the most joyful experiences there is.

Let yourself have fun.

Finding ways to enjoy a difficult challenge makes success more likely.

WONDERFUL IDEAS (Eleanor Duckworth)

Put your own ideas together in your own original way.

Don't just memorize, discover!

The ideas you discover on your own are wonderful ideas.

No matter how many people have discovered them before you.

TOLERANCE FOR AMBIGUITY

Allow ideas to bounce around in your brain before they are well-understood.

Give your subconscious an opportunity to shine.