

## **Mindset and Achievement**

At this point in the school year, measures of progress and achievement emerge at the forefront: third quarter report cards are posted, many students are sitting for the CAPT, SAT, ACT, and AP exams, and college decisions are playing out for our seniors. It's easy to let grades, test scores, and awards influence our perspective on our students' learning and development. Recognizing the up-and-down, often unpredictable nature of the learning process, we turn to the work of Stanford psychologist Dr. Carol Dweck. [Dr. Dweck's mindset theory](#) effectively reframes the way we understand effort, potential, and the ability to deal with difficulty. It also serves as one of the Resilience Project's guiding principles ([and the subject of our first ever email four years ago](#)). Keep growing!

*The Staples Resilience Project is an ongoing endeavor by the Staples High School Guidance Department. We welcome your feedback at [shs-resilience-project@westport.k12.ct.us](mailto:shs-resilience-project@westport.k12.ct.us).*