

## What is the Brainology<sup>®</sup> program?

### GOAL

The goal of the Brainology<sup>®</sup> program is to help students focus on self-development, what we call cultivating a **growth mindset**, so that they can learn more deeply and optimally. Whether they are achieving highly, average, or lower, all students benefit. The growth mindset is largely based on the research of Stanford professor Carol Dweck, Ph.D., and her colleague Lisa Sorich Blackwell, Ph.D.

### APPLICABILITY

Students with a growth mindset think of their intelligence as something that they can develop through learning and study, rather than as something that is fixed. Cultivating a growth mindset increases students' motivation to learn and to push themselves beyond their comfort zone, which is needed to learn. Brainology was designed specifically for students between 5<sup>th</sup>-9<sup>th</sup> grade, but the growth mindset is helpful for learners of any age.

### BRAIN'S MALLEABILITY

Brainology teaches students the science of the brain, and in particular the malleability of the brain. Students then understand that their cognitive growth is up to them to develop. As students go through the lessons, they begin to use what they have learned in their daily lives. The program also provides a practical set of skills for tackling academic challenges by showing students how to apply their knowledge to their schoolwork.

### PROGRAM STRUCTURE

The blended curriculum is comprised of an online portion (a 10-minute introduction followed by four online units of ~ 40 minutes each) and an offline portion (activities that teachers and students do as a group). In the online program each student writes reflections in an e-journal that can be accessed by their teacher. Guides and supplementary resources are also available to teachers, parents and students to reinforce a growth mindset in the classroom and at home, through our website at [www.mindsetworks.com](http://www.mindsetworks.com)

### PARENT SUPPORT

Kids, regardless of their age, are drawn into the lessons and challenges in Brainology. By learning that the brain is malleable, students discover that they can grow and develop their brains and their intelligence. Students also learn helpful study tips along the way. The e-journals allow students to express their struggles and breakthroughs—valuable insight parents and teachers can access, so they, in turn, can better support the students' growth.

By reading the parent materials or viewing the video resources available at [www.mindsetworks.com/parents](http://www.mindsetworks.com/parents) and reading Dr. Dweck's book *Mindset*, parents can participate in this journey and further support the growth mindset dialogue with their children.