

## Realistic thinking is good

### How do we train the students in realistic thinking?

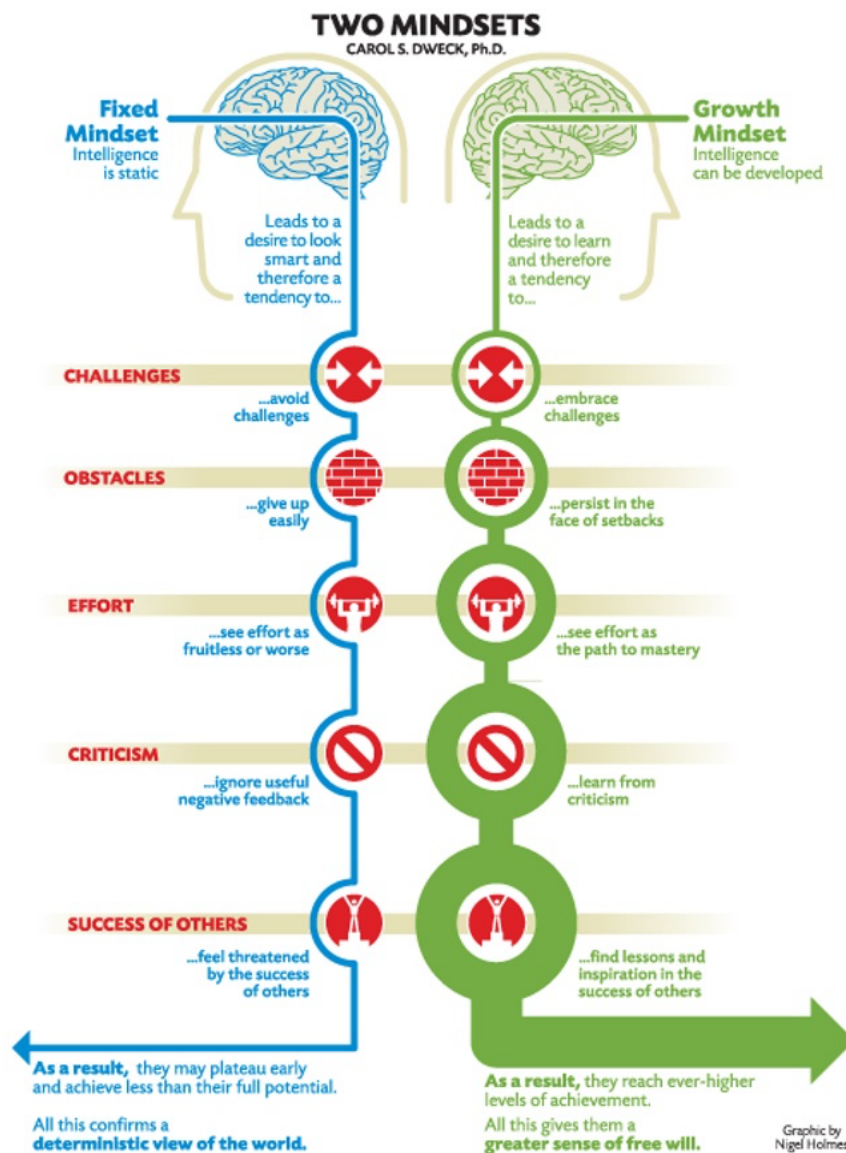
Carol Dweck, a world leading psychologist in motivation and personality development, stresses that research on the plasticity of the brain, is a smart way to build, develop, the students' abilities to take responsibility for their full and lifelong capacity development. That means creating conditions for a "growth mindset".

*"Growth is the heart and soul of education - it is the very purpose of education."* C Dweck

#### British Journal of Educational Psychology

Special Issue: [Growth Approaches to Goals, Mindsets, Assessment, and Reportin Volume 85, Issue 2, 242-245, 2015](#)

The picture shows that it is time to leave the 20<sup>th</sup> century Mind set and build a Growth Mindset adopted to the 21<sup>th</sup> century.



## A brain-smart mindset

After three years of experience from testing 10 good habits at Kattagattgymnasiet, Halmstad, it is time for a bigger project. It is about a brain-smart school building methods in which complicated brain research becomes simple practice. Let 10 good habits be the start of a realistic change process adapted to the current situation. You collaborate with your brain and with simple techniques you can develop your future towards your full potential.

### HJÄRNGYMS TIO GODA VANOR



### TEN GOOD HABITS OF THE BRAIN GYM



At the university of Halmstad a research study was performed:

[Conscious study habits: A phenomenological study of study habits experienced by students who have participated in the learning project Brain Gym.](#)

Sanna Berntsson and Erika Persson, 2015

The conclusions from this first Brain Gym study of Kattagattgymnasiet points at a big interest for adopting brain knowledge to schools. This very limited study shows that 10 good habits have scientific support and is a developable project.

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