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# Delivering interventions to teachers as an efficient way to leverage the impact of mindset interventions

Léa Tân Combette, Jean-Yves Rotgé, Céline Darnon & Liane Schmidt

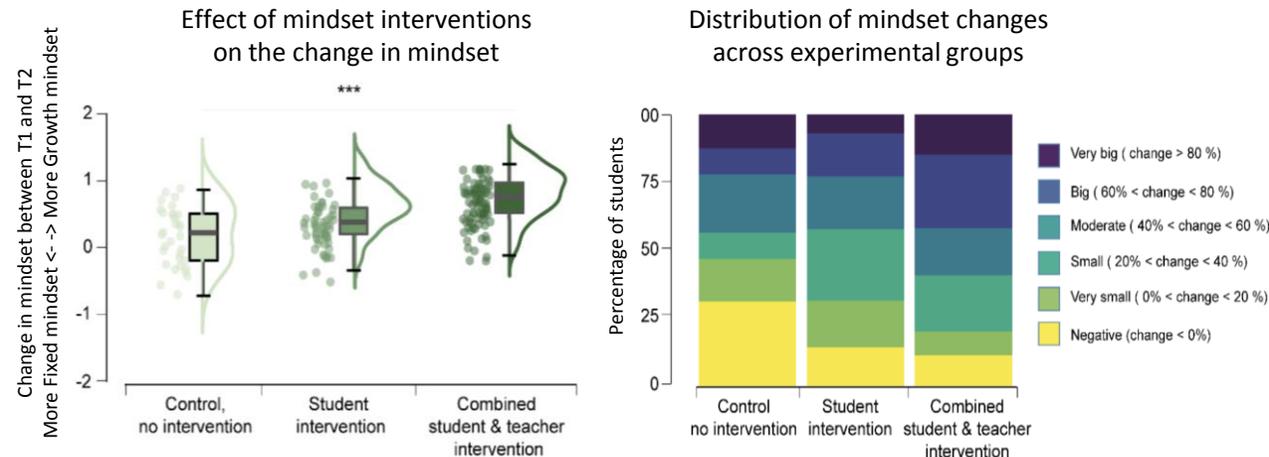
## INTRO

Mindset interventions help students to understand that their intelligence can grow with effort and training. Studies from social psychology showed that the efficacy of mindset interventions on students was impacted by their teacher's mindset (Yeager et al., 2022). **In our study, we tested the hypothesis that delivering a short mindset intervention to teachers before delivering mindset interventions to their students will increase the impact of the student's intervention.**

## METHODS

1. N = 171 6<sup>th</sup> graders
2. Data collected in 6 middle schools from the great Paris Area
3. Students' mindset was assessed by Dweck's 3-items scale (1999)

Delivering a mindset intervention to teachers increased the impact of mindset interventions on their students' mindset.



## RESULTS

The hypothesis of a linear impact of groups was tested via a contrast analysis. The students in the control group (no intervention) were those who changed the less their mindset toward a growth mindset. **On the opposite, the students in the combined students + teachers' interventions group were those who changed the more their mindset toward a growth mindset.**

## DISCUSSION

This result suggests that delivering a short mindset intervention to teachers could be an efficient and affordable way to increase the impact of mindset interventions on students' mindset.