

Growing Mindset and Goals: A Blog Designed to Lead Intrinsic Motivation in Students

by

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## CAPSTONE PROJECT DESCRIPTION

### Introduction

The focus capstone project is an educational blog designed to provide educators with an accessible and modern tool that is reflective of their daily needs. The blog dives into and connects research exploring the question: *how can mindset theory positively support academic goal setting and feedback in an upper elementary school setting?* The goal of this project is to support educators in developing growth mindset, goal setting, and feedback practices with their students, as well as provide information on how these practices can develop intrinsic motivation and academic success in adolescents. Not only does the blog provide educators with the necessary information to utilize these practices but it also houses easy to use materials for educators to access and implement.

Existing research supports first developing mindset theory with students. This should be done prior to implementing goal setting and feedback as a strategy to increase intrinsic motivation and academic success in an upper elementary school setting. Although goal setting can be a common practice in schools, it is not always effective due to the existing mindsets of students. Adolescents often deal with a difficult shift from concrete learning to abstract learning in education, which can cause frustration and a decrease in motivation (Song & Grabowski, 2006). Educators can support students with these challenges by fostering a growth mindset in their classrooms. This step is critical as mindsets and self perception can greatly affect students' abilities to create goals and accept feedback in a school setting (Forsythe and Johnson, 2017). When a foundation of growth mindset has been developed, teachers can begin to utilize goal setting and

feedback practices with students as a method to increase self motivation in academics. These practices will also develop lifelong skills in students and will be applicable to all areas of their lives.

### ***Project Description***

This project is designed to assist educators in building a foundation of mindset theory in a classroom setting, followed by utilizing goal setting and feedback to positively increase student intrinsic motivation and academic success. While there are many resources an educator can turn to, blogs continue to maintain popularity within the education community. The purpose of the blog is to provide educators with accessible information and research surrounding growth mindset, goal setting, and feedback, while also providing materials to be used in a logical order to increase student motivation and academic success. The materials available on the blog incorporate the information learned from the extensive research done and were developed to encourage best practices to be used with students.

### ***Audience***

By combining and implementing growth mindset theory, goal setting, and feedback practices, educators can effectively and efficiently create a supportive classroom environment to boost student achievement and motivation. The research done to support this project investigated a variety of age levels and subjects areas. The blog encompasses said research to be utilized in a general education classroom with upper elementary school students as the targeted participants. The reason for this is because of the shift educators see in the learning that takes place for adolescents in a school setting.

While the intended audience of the blog is geared towards upper elementary school teachers there also needs to be an understanding that all teachers have the ability to adapt and use the developed curriculum for students of all grade levels.

### ***Link to Blog***

#### [Ms. Prahm Teaches - An Educational Blog](#)

**Major Parts of the Blog.** The blog is divided into three sections: a homepage, a page titled, “Growth Mindset and Goals,” that includes relevant information and research, and a page titled, “Free Resources,” dedicated to free and usable classroom materials. To start, the homepage consists of a summary of why the blog was created, information about the creator of the blog, and the intention of using the blog. The homepage provides an overview of the blog so educators can easily determine what information they will find and how they can benefit from utilizing the research and materials included within the blog.

The next page, “Growth Mindset and Goals,” acts as an informational page where research is presented to provide an overview of the research done for the entirety of the project. It also includes discussion on how each of these practices compliments one another in developing intrinsic motivation and academic success in upper elementary school students.

Finally, the third page is a materials page designed to include downloadable materials and external links to resources. Each of these can be implemented with students to develop growth mindset, goal setting, and feedback in the classroom. These materials

will reflect the research discussed within the blog while also providing teachers with necessary tools needed to implement the practices of focus.

### **Summary**

The capstone project explores the question: *how can mindset theory positively support academic goal setting and feedback in an upper elementary school setting?* The blog supplies educators with the necessary background information in mindset theory to positively support academic goal setting and feedback in an upper elementary school setting, resulting in an increase in intrinsic motivation and academic success with students. It is vital for educators to have a strong understanding of these practices and provide students with experiences so these lifelong skills can develop. As educators give students these opportunities, students will develop lifelong skills of resiliency and confidence.

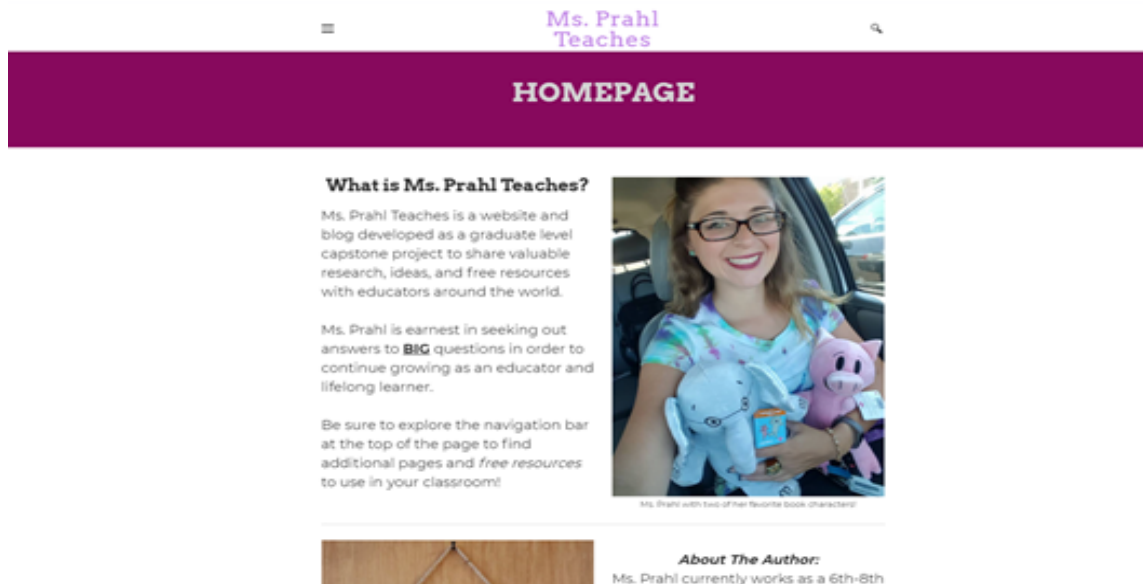
## APPENDIX

Figure 1



*Note.* A screenshot of the blog homepage.

Figure 2



*Note.* A screenshot of the blog homepage.

Figure 3


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Teaches

## RESEARCH

### Introduction

The research below dives into the question: *how can mindset theory positively support academic goal setting and feedback in an upper elementary school setting?* The goal of this research is to further explore how mindset theory is necessary to first develop in upper elementary students in order to support and strengthen academic goal setting and feedback utilized in the classroom. Below you will find information, summarizing and discussing essential findings from research within related literature.

The focus literature includes the topics of **mindset theory, gifted students, goal setting, feedback, and intrinsic motivation in adolescents** while relating back to the original research question: *how can mindset theory positively support academic goal setting and feedback in an upper elementary school setting?*



A classroom decoration within Ms. Prah's classroom.

*Note.* A screenshot of the, “Growth Mindset and Goals,” research page.

Figure 4

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## Free Resources

### MATERIALS AND RESOURCES

#### Materials and Activities

SMART GOALS	
S	<b>SPECIFIC</b> What do you want? Why do you want to achieve it? What will you do to reach your goal?
M	<b>MEASURABLE</b> How will you measure your progress? How will you know you've reached your goal?
A	<b>ATTAINABLE</b> Is your goal realistic? Are there any major obstacles to achieving it? How can you overcome them?

SMART GOALS	
S	<b>SPECIFIC</b>
M	<b>MEASURABLE</b>
A	<b>ATTAINABLE</b>

*Note.* A screenshot of the, “Free Resources,” page.

Figure 5



*Note.* A screenshot of materials listed on the, “Free Resources,” page.



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