ESP Bookshelf: Mindsets—Help Them Grow

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In this edition of ESP, the Bookshelf focuses on resources to address mindsets. Often students feel they cannot change who they are as students and as people in general. Current research on mindsets debunks this idea. Mindsets are a matter of the mind and are changeable.

This is a partial bibliography of resource, picture books, and informational books dealing with fixed and growth mindsets.

Teacher Resources

Dweck, C. (2007). Mindsets: The new psychology of success. Ballantine Books. ISBN 978-0345472328. Dweck’s groundbreaking research on success offers an alternative to the idea that abilities and talent are what make success. She suggests, while abilities and talent are components of success, the critical component to success is the way a person approaches tasks and deals with mistakes. A student with a fixed mindset will give up when faced with a challenge while a difficult task challenges a student with a growth mindset.


Ricci, M. C. (2015). Ready-to-use resources for mindsets in the classroom: Everything educators need for school success. Prufrock Press. ISBN 978-1618213969. This companion book to Mindsets in the classroom: Building a culture of success and student achievement in schools provides a variety of tools to get started building a classroom that fosters a growth mindset. It includes “ready-to-use, interactive tools such as planning templates, letters for parents, preassessments, compare and contrast charts, online resources for parents, lists of books that teach perseverance, handouts that teach students about their brains, self-reflection checklists, surveys, and a unique study guide for the original book.”

Student Resources (Fiction)

Note on reading levels – I’ve included reading levels for the picture books, however, all the books on the list are appropriate for any age reader when used with age appropriate higher order thinking questions for discussion.


Cook, J. (2015). *I can't find my whatchamacallit!!* National Center for Youth Issues. ISBN 978-1937870386. Elementary. Two cousins, Cletus and Bocephus, are very different. This story highlights the need for organization in a creative, applicable way to utilize the strengths we all have inside us.


Spinelli, J. (2010). *I can be anything!* Little, Brown Books for Young Readers. ISBN 978-0316162665. PS – 1. This rhyming text challenges the reader to consider all the possibilities of choices open to he grows up.


**Student Resources (Nonfiction)**


Gregory, S. (2015). *Champion mindset: Refusing to give up on your dreams*. Amazon Digital Services. ASIN B00WON0YKM. 6 – 12. Scott Gregory recounts his path to the Olympics and the journey of self-discovery about inner strength, persistence, and resilience required to get there.


