



Mindset in medical teaching and learning

Dear Editor,

Mindsets for teaching and learning, I believe would be critical for both the teachers and learners. A growth mindset will definitely be essential for both the teachers and learners on a long-term basis to acquire sustained knowledge. Teachers have to collaborate with their colleagues to assess themselves and not shut their classrooms to run a solo show. Teachers should strive for strengthening their own methods of teaching rather than concentrating on the weaknesses and standards of the learners. A teacher should always have a positive mindset that all learners can learn and succeed. Students should develop interest toward learning and be constantly enthusiastic, hardworking and try to control their path to success. A previous study has shown that students with a sustained growth mindset get continuously motivated and showed increased efforts have outperformed those students with a fixed mindset [1]. Teachers cannot judge students based on some tests and should not categorize students based on their intelligence quotient. Teachers should not be judgmental about any of his/her students. Such mindset of a teacher who earmarks each student based on some kind of tests will not be helpful in encouraging learners. Teachers aim should be to build the growth mindset among learners, and avoid the fixed mindset that can trap them into a premature plateau and cause them to fall short of their unknowable potential. Eminent sociologist Benjamin Barber said that we should not divide this world in to weak and strong and neither based on one's success or failures, rather we only find in this world two categories of people, the learners and non-learners.

In fact, I personally believe that humans are born learners as we see and learn so many things after the birth. No one is born brilliant and this you can understand by reading about the life of Thomas Ava Edison, the inventor of bulb light who was a normal school going child later became the inventor.

Dr. Carol Dweck, an eminent Stanford University psychologist, discovered the power of mindset and that there are only two types of mindset, the fixed and the growth mindset. It must be noted that to being a good teacher and a learner one needs to have a growth mindset. Teachers should never think that they have nothing further to learn and that it is the learners who are supposed to change in accordance to the teaching.

Alfred Binet, the inventor of the IQ Test, once said, "Without denying individual differences in children's intellects, he believed that education and practice could bring about fundamental changes in intelligence.

A lesson for teachers: We have a great work to do. You can't just sit in a seat and grow smart and that all students need to be challenged and nurtured. Teachers should always be fascinated with learning, with the process of discovering something new.

For students/Learners: None of you has ever failed. School may have failed you, but you have never failed. If you don't give anything, do not expect anything. Success is not coming to you; you must come to it." In conclusion, it must be noted that great teachers and good learners are not born but are produced over time. The fact that a small seed sowed and properly watered and looked after grows into a big tree should not be forgotten.

K. V. Ramana

Department of Microbiology, Prathima Institute of Medical Sciences, Karimnagar, Telangana, India

Address for correspondence:

K. V. Ramana, Department of Microbiology,
Prathima Institute of Medical Sciences, Karimnagar, Telangana, India.
Phone: +91-9440704234,
E-mail: ramana_20021@rediffmail.com

Received: February 08, 2015

Accepted: March 26, 2015

Published: April 01, 2015

REFERENCE

1. Blackwell LS, Trzesniewski KH, Dweck CS. Implicit theories of intelligence predict achievement across an adolescent transition: A longitudinal study and an intervention. *Child Dev* 2007;78:246-63.

© GESDAV; licensee GESDAV. This is an open access article licensed under the terms of the Creative Commons Attribution Non-Commercial License (<http://creativecommons.org/licenses/by-nc/3.0/>) which permits unrestricted, non-commercial use, distribution and reproduction in any medium, provided the work is properly cited.

Source of Support: Nil, Conflict of Interest: None declared.