

Mindsets for Learning

You study, you work hard, you spend long hours reading, reviewing, writing. You do all you can to succeed in your academic pursuits. But hard work is only part of the success equation. You also need to think about yourself as a student and learner in a healthy, productive way. Consider:

- **Grades aren't everything.** As a Northwestern student, you care about doing well. Grades are important, in that they give you a sense of "where you are" academically and are necessary for many post-graduation endeavors. But, ironically, they can also get in the way of learning. When you aim only to get a particular grade, you may be focusing with such laser precision on doing well on assessments that you miss out on learning more broadly. Allowing grades to loom large can increase your stress and anxiety, which can negatively impact your well-being and your performance. And if you have the impression that everybody else is sailing through tough courses, you've got a case of "duck syndrome": not noticing the mad paddling going on underneath that smooth surface glide.

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- **If you do everything perfectly, you don't learn.** The most substantial learning comes

- You need to feel well in order to do well. We all go through rough patches.