Teacher practices that emphasize the value and practice of learning convey messages of growth, potential, and high expectations to students.

**Foundation**
Provide challenging learning opportunities focused on conceptual understanding that allows students to grow.

- Convey high expectations
- Set stretch goals
- Teach new strategies
- Facilitate reflection
- Reframe assessments
- Provide truthful feedback
- Encourage different strategies
- Praise the process
- Promote revision
- Help manage emotions
- Make it safe to take risks
- Encourage different strategies
Skill. Teach strategies for successfully taking on challenging tasks that extend the frontiers of students’ current ability.

- Teach students how to reflect on their progress and adjust perceptions and strategies as needed.
- Make clear connections between what students do and their accomplishments.
- Equip students with tools they need to tackle new challenges.
- Encourage students to reflect and try different strategies when they run into difficulty.
- Praise the process.
- Teach new strategies.
- Facilitate reflection.
- Encourage different strategies.
Resilience. Create a culture of high expectations and safety that enables students to be resilient academic risk takers.

- Help students understand and manage emotional reactions that emerge when learning and challenging themselves.
- Show confidence students will meet high standards with the right work and support.
- Convey high expectations.
- Set stretch goals.
- Make it safe to take risks.
- Make challenging oneself the norm; let students gain confidence by working through tasks just outside their comfort zone.
- Teach students how to support each other in taking academic risks and celebrating mistakes as learning opportunities.
Assessment. Teach students the real value of assessments and how they can be used for improvement.

Tell the truth about where students currently are and where they need to be, but be mindful to avoid sending messages about ranking and comparisons.

Encourage students to revise their work so they can practice and demonstrate increased mastery.

Explain that tests are not an absolute measure of ability; teach students how to use them to identify areas for growth and learn from mistakes.

Remember: Moving forward in learning is a collaboration between the teacher and the student.

Provide truthful feedback
Reframe assessments
Promote revision