

## LC-DC Podcast Episode 8: Growth Mindset

### Show Notes

#### Host & Guest Bios

Ryan is a faculty member in the Douglas College Learning Centre.

Tara studies Health Sciences at Simon Fraser University. She graduated from Douglas College with an Associate of Science degree and works as a peer tutor in the Coquitlam Campus Learning Centre.

#### Episode Summary

This episode was recorded in [the Podcasting Studio](#) in the New Westminster Library on February 17, 2026.

In this episode, Tara dives into Mindset theory, which was developed by American Psychologist Carol Dweck. According to the theory, our beliefs about our abilities, intelligence, and potential have a tremendous impact on how we learn, grow, and acquire skills. Tara discusses the difference between a “growth” and “fixed” mindset and how each affects our learning.

Tara then describes what we can do to move away from a perfectionist fixed mindset to cultivate a growth mindset, and the benefits this will have on our learning and life experiences. She covers changing our language (aka “self-talk”), embracing challenges, and learning from setbacks. She also highlights the importance of focusing on process by trying out different strategies to see what works best for our brains and the subjects we’re studying.

Finally, Tara touches on her own life experiences by talking about how applying a growth mindset helped her tackle elective courses that were outside her comfort zone. She ends by suggesting that post-secondary education is a great opportunity

to develop growth mindset as a habit so that it becomes easier to overcome life challenges in future.

### Resources

*Mindset: the new psychology of success* by Carol Dweck [is available at the Douglas College Library](#)

Check out [Professor Carol Dweck's Ted Talk](#)

### What Next?

Book an appointment with a Learning Centre tutor through [our online booking system](#) (remember that you can book an appointment for “study skills” to learn different study strategies from our peer tutors).

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