

# List of References



## TED TALK

[Dweck, C. \(2014\). \*The power of believing that you can improve\* | TED Talk.](#)

Dr. Carol Dweck researches 'growth mindset' – the idea that we can grow our brain's capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that's slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet? A great introduction to this influential field.

## DR. HEIDI GRANT

[Briskin, A. \(2022\). \*A growth mindset: Changing your diabetes management.\*](#)

This article recaps Dr. Heidi Grant's keynote presentation at the 2022 Experts at the Association of Diabetes Care and Education Specialists conference. Dr. Grant is a social psychologist whose research seeks to understand why people living with T1D have trouble changing their behavior, even when they are motivated to do so.

[McClain, T. \(2022\). \*GLS 2022 – Session 4: Dr. Heidi Grant.\*](#)

These speech notes are from Dr. Heidi Grant's address at the 2022 Global Leadership Summit, and provide further detailed insights into how to shift between fixed and growth mindsets.

## SUMMARY OF STRATEGIES

[Parrish, M. \(2022\). \*How to help students develop a growth mindset.\*](#)

A handy summary of tips and tricks designed for teachers, these six strategies for developing growth mindsets can easily be applied to the parent/child relationship.

## RESEARCH STUDY LINKING GROWTH MINDSET TO LOWER A1C RESULTS

[Nally, L., & Mueller, C. \(2018\). \*Health Mindset and health outcomes for adolescents with type 1 diabetes.\*](#)

In this research study, a cohort of adolescents with T1D was followed across the transition from pediatric to adult care to assess differences in their health outcomes over time. Overall results showed that the average post-transition A1c was lower for participants with a growth mindset versus those with a fixed mindset.