

Our beliefs shape our learning: Study

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If something is easy to learn, then it will be just as easy to remember – nearly everyone uses this simple rule to assess his or her own learning. But holding different belief about the nature of intelligence too can influence our learning, psychological scientists say.

It has long been known that these beliefs have important bearing on people's motivation to learn, the journal Psychological Science reports.

The so-called 'entity theorists' hold that each person possesses a fixed level of intelligence, which cannot be improved, says study co-author David B. Miele, of Columbia University.

Meanwhile, 'incremental theorists' believe that intelligence is malleable. 'They keep forging ahead when faced with a challenge, believing that more time and effort will yield better results,' added Meile, according to a Columbia statement.

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