

## Presentation for Students

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Hope's HHMI Program

# The Power of Beliefs: Adaptive Mindsets for Success in School

**Dr. Omid Fotuhi**  
**Stanford University**

**Monday, September 21, 2015**  
**7:30 pm, Winants Auditorium**

### *Abstract*

Recent research is recognizing the importance of non-cognitive factors in predicting student success. In today's presentation, we identify the role of beliefs and mindsets in explaining why some students tend to succeed while others do poorly and disengage. Students with adaptive mindsets--which include positive beliefs about their school and their own abilities to learn and grow--tend to be more motivated and cope with difficulty and challenge better. Building on decades of research, we will discuss strategies that can be used to foster more adaptive mindsets for both the self and in others.

### *Biography*

Dr. Omid Fotuhi, is the project manager of the College Transition Collaborative and Research Associate at Stanford University's Interventions Lab. His work focuses on finding ways to scale interventions proven to boost college students' achievement and well-being, while narrowing group disparities. Prior to working at Stanford, Fotuhi was a Researcher with the World Health Organization. Fotuhi has also served as a Research Assistant with International Tobacco Control, as Training Manager and Trainer with the Certified Technical Training Centre and as Program Manager and Coordinator of the Canadian Bioinformatics Workshops at the University of British Columbia. Fotuhi received his Master's in 2009 and his PhD in 2013, both at the University of Waterloo. He then was awarded a Postdoctoral Fellow at Stanford.