

Limitless Mind

The following learning keys are featured in Jo Boaler's book [Limitless Mind](#). Each of these keys are supported by cutting edge research in neuroscience, cognitive science, and the psychology of learning. In other words, these learning keys represent the state-of-the-art understanding of how learning works inside your brain.

Learning Key #1: You can grow your brain.

Every time we learn, our brains form, strengthen, or connect neural pathways. We need to replace the idea that learning ability is fixed with the recognition that we are all on a growth journey.

Learning Key #2: Deliberate practice is king.

The times we are struggling and making mistakes are the best times for brain growth.

Learning Key #3: Believe in yourself : you can do anything you want to

When we change our beliefs, our bodies and our brains physically change as well.

Learning Key #4: Think flexibly and use multiple approaches

Neural pathways and learning are optimized when considering ideas with a multidimensional approach.

Learning Key #5: Slow, deep, and flexible thinking is better than fast thinking

Speed of thinking is not a measure of aptitude. Learning is optimized when we approach ideas, and life, with creativity and flexibility.

Learning Key #6: Build your learning team with effective help-seeking practices

Connecting with people and ideas enhances neural pathways and learning.