



EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module 1 – Growth Mindset

Method 2 - Case Studies



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Method 2. – Case Studies

Soft skill focus

This method uses real or realistic scenarios to help learners identify growth mindset principles in action, analyse decision-making processes, and apply lessons learned to their own professional and personal contexts.

Learning outcomes

By applying this method, learners will be able to:

- Recognise growth mindset behaviours in real-life situations.
- Critically evaluate responses to challenges in case examples.
- Suggest alternative approaches to obstacles based on growth mindset principles.
- Apply insights from case studies to their own personal or professional challenges.

Target group

Age: 20+ (adult learners)

Gender: All

Level of studies: Secondary education, vocational training, or higher education

Status: Employed / unemployed / seeking employment

Fewer opportunities: Suitable for learners with limited exposure to professional growth frameworks or lacking role models for resilience and adaptability.

Case studies work especially well for individuals who benefit from seeing theory applied in tangible, relatable ways.

Method description

Case studies present detailed narratives of individuals or organizations encountering challenges. By examining decisions, mindsets, and outcomes, learners can connect abstract concepts of growth mindset to practical, real-world applications.



Implementation instructions

Timeline: 60–90 minutes per session.

No. of participants: 6–20 learners.

Necessary materials: Printed/digital case study handouts, whiteboard or flip chart, pens, discussion guide.

Space: Classroom, training room, or online platform with breakout room capabilities.

Implementation in 5 steps

Step 1 – Introduction to the Case Method

The facilitator explains what case studies are, why they are used, and how they relate to understanding growth mindset. Participants receive an overview of key concepts to watch for (e.g., persistence, feedback use, reframing failure).

Step 2 – Distribute the Case Study

Learners receive a written or video case describing a person/organization facing a significant challenge. The case should include context, the challenge, actions taken, and outcomes.

Step 3 – Individual Review

Learners read/watch the case independently, noting examples of growth mindset or fixed mindset behaviours, as well as missed opportunities for applying growth mindset principles.

Step 4 – Group Discussion

Learners discuss their findings in small groups, guided by targeted questions such as: “What choices reflect a growth mindset?” “Where could a different approach have led to better results?” “What lessons apply to our own contexts?”

Step 5 – Synthesis and Application

Groups present their conclusions to the whole class. The facilitator summarises key takeaways and encourages each learner to write down one actionable change they can make in their own life inspired by the case.

Practical tips

Tip 1 – Choose cases that are relatable to the participants’ professional or life context.



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Tip 2 – Avoid overly complex scenarios that distract from the growth mindset focus.

Tip 3 – Incorporate both successful and unsuccessful examples to show a balanced perspective.

Debriefing questions

Question 1 – What was the most important growth mindset principle you observed in the case?

Question 2 – How did the individual or organisation's approach affect the outcome?

Question 3 – What would you do differently in a similar situation?

Practical description sheet

Title: Case Studies – Growth Mindset

Purpose: To analyse real-world examples; to identify, evaluate, and apply growth mindset behaviours.

Duration: 60–90 minutes

Format: Small groups with plenary discussion

Core Steps: Introduce → Distribute case → Individual review → Group discussion → Synthesis

Materials: Case handouts/videos, discussion guide, whiteboard/flip chart

Key Benefits: Makes abstract concepts tangible, builds analytical and reflective skills, encourages application to personal context.