

Careers

Did you know?

Scientists at the University of Regensburg (Germany) saw changes in the brains of people who'd been taught to juggle balls just three months after the jugglers began practicing!

"Practice makes perfect!" Coaches say it. Teachers say it. And now scientists are saying it, too. If you've always thought that you were smart or dumb, athletic or artistic or not-so-artistic, think again. It turns out that old "practice makes perfect" saying is true.

Grow Your Intelligence

Are people born smart, or do they get smart through hard work and practice? What a student believes can make a big difference in school performance.

The idea that intelligence cannot be changed can get in the way of learning. It's easy to see how this applies to students who believe they're not smart. "I'm dumb, so why should I try? It won't make any difference."

Surprisingly, "smart" students also suffer from this kind of

thinking. Students who've been told they're smart may quit at the first sign of difficulty rather than show what they don't know.

What Research Shows

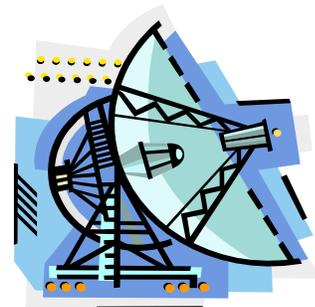
Research shows that it's possible to grow your intelligence. The same brain scans used in hospital tests can be used to measure what happens when someone learns something new. Experiments show that learning

Actually changes

your brain. And that's a message students need to hear

Here are some tips to help you develop the "growing brain" mindset:

- Think of the brain as a muscle that gets stronger with use.
- Try not to use labels like "smart" or "dumb," which make you feel like you are stuck in one place.
- Cherish hard work and



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thinking rather than being "smart."

- Remind yourself that a challenge is fun, and that mistakes are a part of learning.

Practice Makes Perfect-It is true!

The Myth of Michael

Michael Jordan is one of the best basketball players of all time. His average points per game is the highest in NBA history – 31.5. He is one of two players to score more than 3000 points in a single season. And he has 11 MVP

awards – five for the regular season and six for the finals.

It was dazzling to watch Jordan play. People often spoke of his grace on the court. They talked about his natural abilities. But the true story is different. When he was a

sophomore in high school, Michael Jordan didn't even make the team. "It was embarrassing not making the team," he says. "They posted the roster [list of players] and it was there for a long, long time without my name on it.

Someone else might have sulked, or quit. But this setback only fueled Jordan's desire to improve. "Whenever I was working out and got tired and figured I ought to stop, I'd close my eyes and see that list in the locker room without my name on it," Jordan says, "and that usually got me going again."