When to Teach Intellectual Humility? An Investigation Into High School and Middle School Students

Anton, Daniel (School: Nyack High School)

Students who exhibit more helpless behaviors will almost always perform worse in school. Schools may be inadvertently teaching these students more helpless behaviors through current methods. So how can we give students more mastery behaviors? One method may be using intellectual humility. The purpose of this study was to confirm the existing relationship between growth mindset, intellectual humility, and mastery behaviors, find alternative methods to increasing intellectual humility in students and see how different age groups respond to influences on intellectual humility and mastery behaviors. In this study, videos were used to teach mindsets to students, and intellectual humility, mastery behaviors, and helpless behaviors were measured. A correlation was found between intellectual humility and mastery behaviors ($p = .0001$, $r = 0.394$), supporting previous research. The treatment also significantly increased middle school students' intellectual humility across multiple groups. This not only provides a new method to get students to learn more helpful behaviors but also suggests that researchers should focus their efforts on teaching intellectual humility at a younger age.

Awards Won: