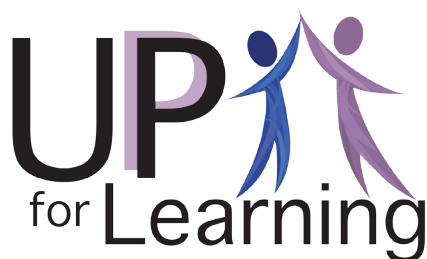


M3 MINDSET, METACOGNITION & MOTIVATION

EMPOWERING STUDENTS TO CREATE, INNOVATE, AND LEAD



Unleashing the Power of Partnership for Learning



"[M3] changes the culture at our school.

Assignments become opportunities, not obligation; challenges are embraced, not avoided; and mistakes are viewed as steps to growth, not signs of failure."

—M3 Teacher Advisor



M3: Mindset, Metacognition, & Motivation

is a peer-to-peer mentoring and teaching initiative that creates a culture shift in schools. It increases student engagement, self-efficacy, intrinsic motivation, and fosters a growth mindset. This leads to civic engagement and leadership as young adults.

- Teaches students **effective learning strategies**
- Develops **peer-to-peer mentoring** and teaching skills
- Provides teachers with the latest **brain-based teaching practices**
- Amplifies **student voice** and empowers them as **active learners**

12,000 students in 25 Vermont schools have gone through the M3 program and gained this knowledge through peer-to-peer messengers.

METACOGNITION *how we learn*

Students will **maximize their learning potential** when they understand how the brain works.

MINDSET

beliefs about our ability

Research affirms the **powerful impact of establishing a growth mindset.**

Before M3, only 44% of students agreed that they understand what motivates them.

72% of M3 students understand what motivates them, which indicates more confidence in who they are as learners.

Before M3, only 50% of students agreed that the nature of a person's ability to learn is not fixed and that it grows with effort and support.

After M3, **82%** of students agreed.

MOTIVATION

level of learning engagement

Increasing motivation for learning is key to unlocking potential and narrowing the achievement gap.

OUR GOAL: Unleash the potential of M3 in schools across the country as a tool to shrink the opportunity gap.



"I think **the key word that everyone took out was the yet**. Can't do it yet. And I noticed through my life, my parents and teachers have said, 'Just because it's hard now doesn't mean you can't do it.' That was emphasized even more with M3."

—M3 Student Participant

"I was reminded of **how much power we have as individuals to change our own world** and the world of others...for the better."

—M3 Student Participant



M3 is presented by

UP for Learning

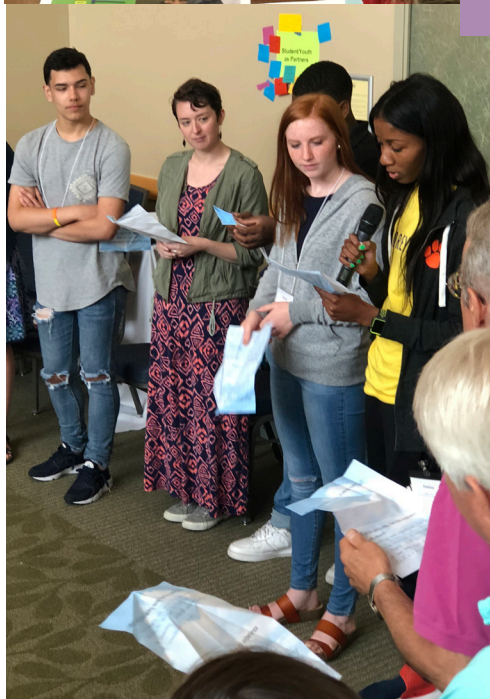
A nonprofit organization amplifying the role of youth as partners & agents of change in education

UP for Learning works to:

- Ensure students **own their learning** and **participate actively** in school change,
- Create **engaging learning environments** where all students thrive,
- Elevate **youth personal power and purpose**, and
- Develop **leadership skills** and promote lifelong **civic engagement**.

"Students who believe they have a voice in school are **seven times more likely** to be academically motivated than students who do not believe they have a voice in school."

—Russell Quaglia, Quaglia Institute of Student Aspirations, 2014



To achieve these outcomes, UP for Learning crafts innovative, student-centered education initiatives and supports schools with customized training, coaching, graduate courses, professional development, and online resources. In addition, we are an active contributor to national and international efforts to integrate student-centered practices in education.

Since 2008, UP has trained more than **2,600 student leaders** in **113 Vermont schools** through **334 programs**.

"When people ask me for an example of high quality work on student voice and youth-adult partnerships, **I always send them to UP for Learning. It is the premier nonprofit in the nation** that draws upon evidence-based practice and research to carefully design projects aimed at improving schools and empowering young people."

—Dr. Dana Mitra, national leader in youth-adult partnership research and practices, Pennsylvania University

