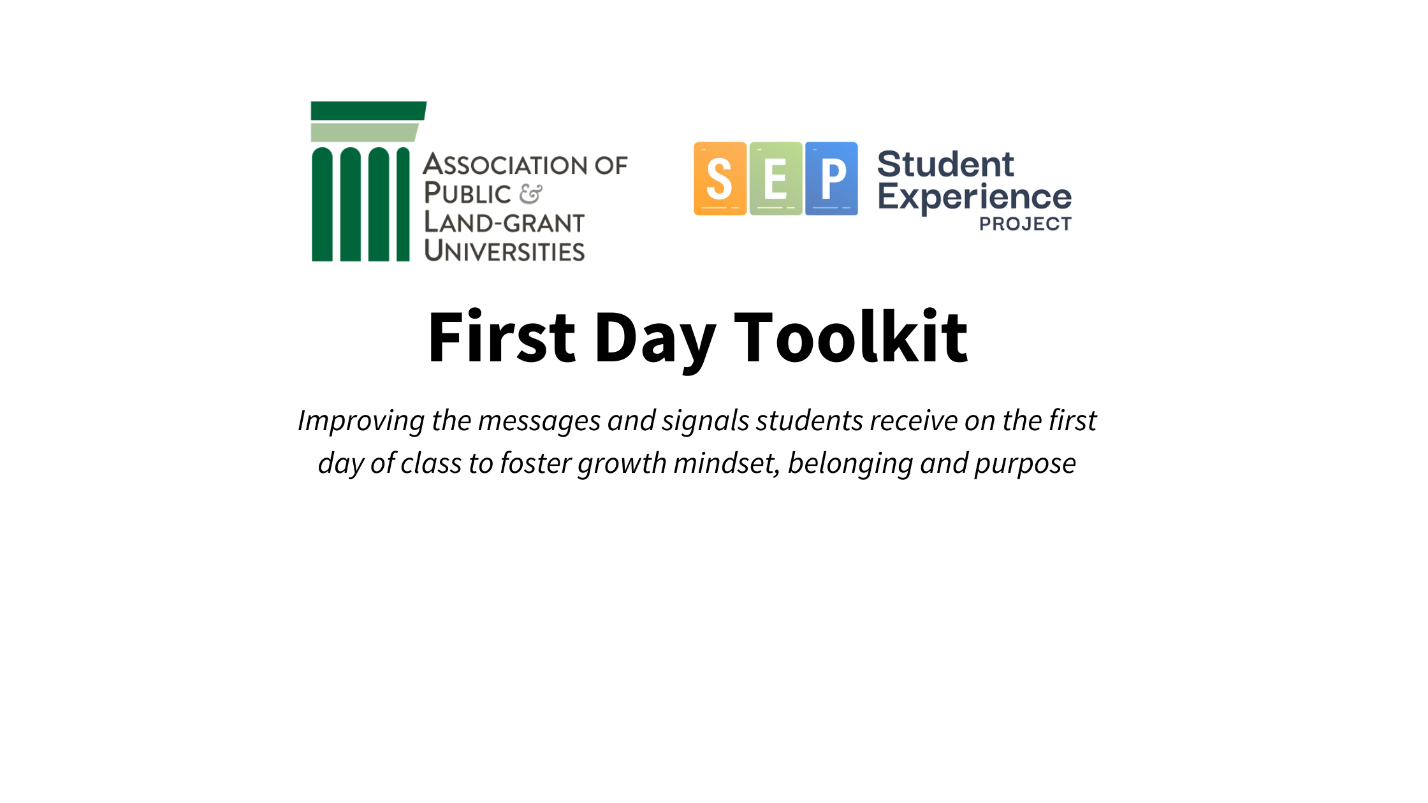
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Over a decade of research in social psychology indicates that learning mindsets play a role in students’ persistence and achievement; these mindsets are not fixed, but are shaped by messages students receive from society, from daily interactions and observations, and from their experiences in school. By fostering a positive student experience in the classroom and beyond, colleges can increase a student’s likelihood of persevering through academic challenges to graduation.

**Opportunity and Benefits:**

The First Day Toolkit is a suite of resources designed to guide faculty through the process of improving the messages that students receive through syllabi and the first day of class that support social belonging, growth mindset, and an equitable learning experience. The toolkit contains an online training module on key considerations for writing syllabi that support student success, example syllabus language, and additional practices for instructors to utilize on the first day of class to create an equitable learning environment.

Over 200 instructors have utilized the First Day toolkit’s evidence-based resources in both virtual and in-person settings.

**Summary of Activities:**

* Complete [online workshop module](http://library.studentexperienceproject.org/syllabus): *Your Syllabus as a Tool to Promote Student Equity, Mindset, and Growth;*
* Revise your syllabus using principles learned in the online module;
* Meet with other instructors on your campus to provide each other feedback on the changes made to syllabi.

*“The examples of actual phrasing in a real syllabus that I can borrow and use were helpful. I don't have to reinvent the wheel!”*

*– First Day Toolkit user*

**For more information:**

* Watch this [video overview](https://www.loom.com/share/91cd0d720d7b4086bbabe3e173e94036) on student experience by Dr. Mary Murphy, Professor of Psychology at Indiana University and Co-Founder of the College Transition Collaborative.
* Explore [key research studies](https://studentexperienceproject.org/resources/key-research-studies/) on learning mindsets.