

# PROSPEKTIV 2025: Prof. Heri Instills a Growth Mindset in New UPNVJ Students

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**UPNVJ Public Relations** – The ability to continuously learn and adapt is the main key to success in an era full of change. This was conveyed by Prof. Dr. A. Heri Iswanto, SKM, MARS., Professor and Vice Rector for Academic Affairs of UPNVJ, in a briefing session for the 2025 Learning, Ethics, Collaboration, and Creativity Stimulation Program (PROSPEKTIV). Through the material entitled "Growth Mindset" Prof. Heri encouraged new UPNVJ students to instill a positive mindset that sees challenges as opportunities and failures as a learning process.

In his presentation, Prof. Heri emphasized that a growth mindset is a crucial foundation for students navigating the academic and professional worlds. He cited the classic philosophy, "Rome wasn't built in a day," to illustrate that success isn't an instant achievement, but rather the result of continuous learning and perseverance.

Through an interactive approach, Prof. Heri explains the differences between two main mindsets: fixed mindset and growth mindset.

A fixed mindset is the belief that abilities are fixed. A person believes that intelligence or talent cannot be changed.

A growth mindset, on the other hand, sees ability as the result of practice, effort, and continuous learning.

"The difference between the words 'not yet' and 'yet' creates room for growth," said Prof. Heri, emphasizing the importance of adding the word "yet" to every negative self-statement. He explained that small changes in thinking can have a significant impact on motivation and learning outcomes.

## Learning from the Failures and Perseverance of World Figures

To reinforce his message, Prof. Heri presented several inspiring stories, such as those of Michael Jordan and NASA scientists. Jordan, known as a world basketball legend, failed hundreds of times before becoming a champion. Similarly, NASA, in its astronaut selection process, prefers candidates who have failed and bounced back over those who consistently succeed without obstacles.

"Failure is the best teacher. A great person isn't one who never fails, but one who knows how to bounce back from failure," said Prof. Heri. He also cited the example of Marina Semyonova, a renowned ballet teacher who chooses students who bravely accept criticism and use it as a driving force for growth.

Prof. Heri emphasized that a growth mindset transforms failure from a sign of weakness into a learning opportunity. In an academic context, low grades are not something to be ashamed of, but rather a reflection for self-improvement. "True success isn't about perfect results, but about the courage to keep trying," he said. Students, he continued, need to focus on the process, not just the outcome; enjoy the journey, not just the result.

Closing the session, Prof. Heri explained five simple steps to cultivate a growth mindset:

Praise effort, not talent – appreciate the process, not the result.

Use the word "yet" – turn negative narratives into opportunities.

See challenges as opportunities – make difficulties part of learning.

Enjoy the learning journey – focus on growth, not perfection.

Accept and learn from imperfection – because that's where potential grows.

Through this session, new UPNVJ students are encouraged to understand that success does not belong to the smartest, but rather to those who consistently learn, try, and improve themselves in line with the spirit of National Defense which instills resilience, hard work, and never giving up.

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