THE MENTAL HEALTH IMPACT ON STUDENTS
Fundamental Attribution Error

Other people – actions reflect who they are as a person

Yourself – actions are a mix of who you are and the effects of circumstances
Negative Messages:

- Less than
- Don’t try hard
- Lazy
- Other
- Enslaved
- Impoverished
- Subservient
- Impoverished

Leads to:

- Depression
- Anxiety
- Resentment
- Hostility
- Trauma
Growth Mindset

- Improved mental health
- Healthier self-esteem
- Greater resilience

Other Effects

- Perpetuate biases
- Less empathy
- Lack of connection as human equals