



12th World Congress (WC12) on Alternatives and Animal Use in the Life Sciences

THEME: Next Generation Education

SESSION 415: Improving competence and trust: Implementing the 3Rs in practice.

ABSTRACT 642: Overcoming mindset as a barrier to implementing change.

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Mindset has been reported to be a common barrier that needs to be overcome when it comes to delivering cultural change within the laboratory animals sciences. This is because an individual's mindset can influence their willingness to consider and accept different ways of working and their ability to implement change. It can also affect the local research culture as we are all influenced by what we hear and see going on around us. In this presentation I will discuss how awareness of mindset traits, triggers and behaviours can help individuals develop their mindset to fulfil their research potential. Educators, mentors, and supervisors can learn to identify mindset characteristics in others so that they can offer the support or guidance that individuals need to develop behavioural traits beneficial to themselves and others working around them. Research groups, institutes and organisations can use mindset awareness to enhance the local research culture, but also to inform discussions and decisions regarding how individuals' behaviours are managed or rewarded to facilitate change.