

GROWTH VS FIXED MINDSET

Dweck, Carol. "MINDSET." *Mindset*. Carol Dweck, 2010. Web. 25 July 2016.



MOJO

<https://youtu.be/2zrtHt3bBmQ>

Fixed Mindset

Believe basic qualities, like intelligence and talent are simply fixed traits.

Spend their time documenting their intelligence or talent instead of developing them.

Believe talent alone creates success without effort.

Growth Mindset

Believe their most basic abilities can be developed through dedication and hard work, brains and talent are just a starting point.

Creates a love of learning and a resilience that's essential for great accomplishment.

Growth or Fixed?

1. “I’m so frustrated, I feel like giving up!” **FIXED!**
2. “I failed my math test but I am going to study harder and do better next time!” **GROWTH!**
3. “I haven’t learned how to play the tuba well yet.”
GROWTH!
4. “I will never be good at physics!” **FIXED!**

Growth or Fixed?

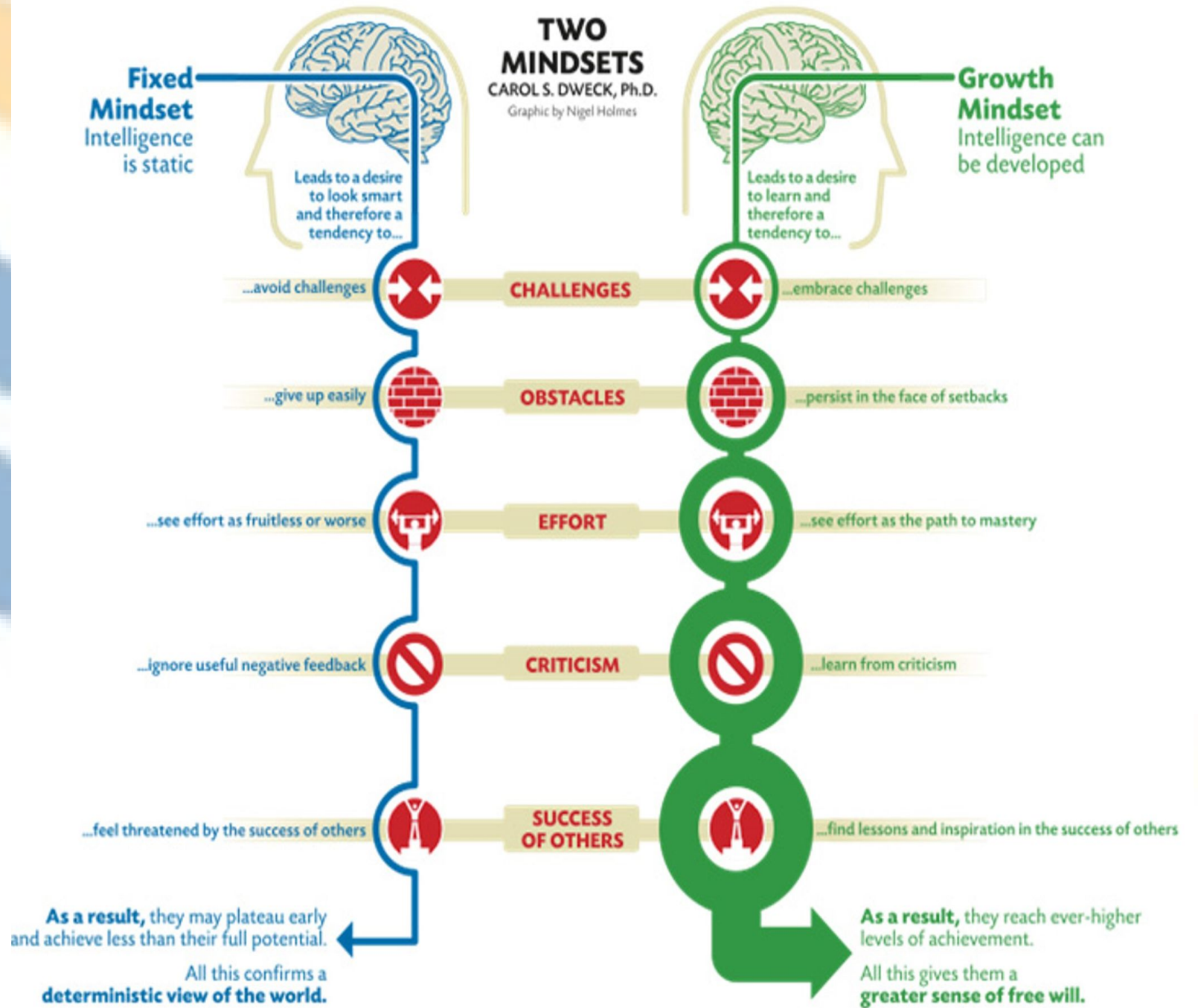
5. “I can’t make this any better.” **FIXED!**

6. “What is missing from this assignment?”
GROWTH!

7. “My writing is improving a lot. The extra time I put in has really paid off.” **GROWTH!**

8. “I will never be as smart as him/her.” **FIXED!**

Fixed vs. Growth



Fixed vs. Growth



BENEFITS OF A GROWTH
MINDSET

LIMITATIONS OF A FIXED
MINDSET

Fixed vs. Growth

BENEFITS OF A GROWTH MINDSET

- People are more likely to reach maximum potential
- People will try new things
- Able to overcome challenges
- Able to learn from their mistakes/failures to improve
- More resilient
- Higher chance of future success

LIMITATIONS OF A FIXED MINDSET

- You won't try to learn as much
- Your brain won't grow as much as it could
- If you don't try new things, you can't learn new things
- You are limiting yourself and your future

2 More Mindset Videos

<https://www.youtube.com/watch?v=WtKJrB5rOKs>

- How do people become more intelligent?
- How does the diagram of the neurons at birth vs. at age 6 demonstrate this?
- What about the second diagram of the nerves of the animal living in a cage vs. an animal living around other animals and toys?
- How are our brains like muscles?
- When do our brains grow the most?

<https://www.youtube.com/watch?v=ELpfYCZa87g>

- What is neuroplasticity?
- How does neuroplasticity work?
- How can you rewire your brain?

Fixed and Growth Mindset Statements

Group 1:

1. *Even though I don't really like reading, I can ask for books that keep me interested*
2. *I'm not good enough, so there is no point in trying out for the team*

Group 2:

1. *Everyone at this new school is awful! I don't want to talk to anyone*
2. *The elective I really wanted was full, but I am going to have an open mind about this one*

Group 3:

1. *I'll never get an A, so doing the homework is pointless.*
2. *I'm not confident in math, but I will ask for help when I need it*

Group 4:

1. *I lost my spot as 1st chair, but I am going to practice where I messed up so I can get it back.*
2. *I am terrible at drawing, so I wouldn't like art class*

Mindset Reminders

- Intelligence can be developed.
- The brain is malleable (flexible).
- Doing challenging work is the best way to make the brain stronger and smarter.