

GROWTH MINDSET

VERSUS

FIXED MINDSET

DEFINITION



GROWTH

Intelligence/ability can be developed.



FIXED

Intelligence/ability is fixed.

HOW IT WORKS

Focus on learning goals, like being able to apply a concept beyond class.

Focus on performance goals, like passing a test.

Learn from mistakes by looking at what could be improved and making a plan to do so.

Identify yourself as a failure when you make an error and give up.

Embrace challenges because they can provide new opportunities and/or help you improve.

Avoid challenges because they might make you look less intelligent to others.

Believe that people can change.

Believe that people can't change.

SOURCE

Dweck, Carol S. *Mindset: The New Psychology of Success*. Ballantine Books, 2006.