

Fixed vs. Growth Mindset

Overview of Fixed and Growth Mindsets

- According to Carol Dweck, your **mindset**, is a self-perception or “self-theory” you hold about yourself.
- In a **fixed mindset**, people believe their basic qualities, like their intelligence or talent, are simply fixed traits”
- “In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point”

Fixed Mindset	Growth Mindset
You may feel you must prove you are smart.	You are open to new ideas and are eager to learn.
You may feel like you can't make any mistakes.	You confront challenges to make progress.
If you fail, you may feel less confident.	You see failure as an opportunity to grow and improve.
You feel effort is not required for those who are smart.	You view effort as the path to make you smarter.
You feel you must be the best.	You define success by working hard, to become the best you can be.

Rewriting Fixed Mindset Statements

- In the chart below, brainstorm fixed mindset statements applicable to your academic, personal, and professional pursuits. Then, edit the statements to demonstrate a growth mindset

Fixed Mindset	Growth Mindset
Example: You get a 65 on an exam. This is not good. I made too many mistakes, and I am not smart enough to get an A in this class.	Example: You get a 65 on an exam. I need to correct my mistakes and create a plan to do better on the next exam.