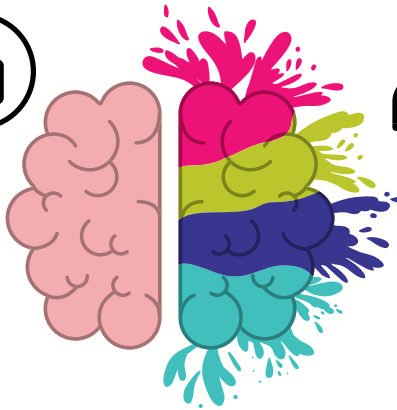


FIXED VS. GROWTH MINDSET

FIXED MINDSET



The belief that basic qualities like one's intelligence or abilities are fixed traits, and that these traits are responsible for success.



GROWTH MINDSET

The belief that new abilities can be developed through practice and perseverance, and can lead to success.

Sticks to what they know...thinking
Either I'm good at it or not

CHALLENGES

Celebrates trying something new
or working to improve

Avoids problems because
of a fear of failure

OBSTACLES

Embraces problems as
opportunities to learn

believes that effort is not required
for those who are "smart"

EFFORT

Knows that effort is part of
the journey toward growth

Avoids feedback or suggestions
for improvement

FEEDBACK

Embraces constructive criticism
as a part of growth and improvement

Feels threatened by
others' success

TALENTED PEERS

Inspired by
others' success

ARE YOU STUCK IN A FIXED MINDSET?

try re-writing the sample fixed mindset statement to demonstrate a growth mindset.
Then try a couple of your own as they relate to how you approach school.

FIXED MINDSET:

GROWTH MINDSET:

Example: My last test grade was an F. I am not smart enough to pass this class.

Example: My last test grade was an F. I need to correct my mistakes and create a plan to do better.

Try this one: I wish I was as good at soccer as you are. It's just not fair!

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|---|---|
| <p>FIXED MINDSET:</p> <p><u>Example:</u> My last test grade was an F. I am not smart enough to pass this class.</p> <p><u>Try this one:</u> I wish I was as good at soccer as you are. It's just not fair!</p> | <p>GROWTH MINDSET:</p> <p><u>Example:</u> My last test grade was an F. I need to correct my mistakes and create a plan to do better.</p> |
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