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#### Additional Links:

[Carol Dweck on Struggle](#) – Carol Dweck gives a 4 minute introduction to Mindsets

[The Power of Yet](#) – Ted Talk by Carol Dweck

[Even Geniuses Work Hard](#) – This article gives a more thorough summary of mindsets.

[RSA Animate – Changing Education Paradigms](#) – Short version of Sir Ken Robinson's classic presentation

[Mindset Works: Student Motivation through a Growth Mindset](#)

## Helpful Graphics

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> <li>SOMETHING YOU'RE BORN WITH</li> <li>FIXED</li> </ul>	SKILLS	<ul style="list-style-type: none"> <li>COME FROM HARD WORK.</li> <li>CAN ALWAYS IMPROVE.</li> </ul>
<ul style="list-style-type: none"> <li>SOMETHING TO AVOID</li> <li>COULD REVEAL LACK OF SKILL</li> <li>TEND TO GIVE UP EASILY</li> </ul>	CHALLENGES	<ul style="list-style-type: none"> <li>SHOULD BE EMBRACED</li> <li>AN OPPORTUNITY TO GROW.</li> <li>MORE PERSISTANT</li> </ul>
<ul style="list-style-type: none"> <li>UNNECESSARY</li> <li>SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH</li> </ul>	EFFORT	<ul style="list-style-type: none"> <li>ESSENTIAL</li> <li>A PATH TO MASTERY</li> </ul>
<ul style="list-style-type: none"> <li>GET DEFENSIVE</li> <li>TAKE IT PERSONAL</li> </ul>	FEEDBACK	<ul style="list-style-type: none"> <li>USEFUL</li> <li>SOMETHING TO LEARN FROM</li> <li>IDENTIFY AREAS TO IMPROVE</li> </ul>
<ul style="list-style-type: none"> <li>BLAME OTHERS</li> <li>GET DISCOURAGED</li> </ul>	SETBACKS	<ul style="list-style-type: none"> <li>USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.</li> </ul>

From

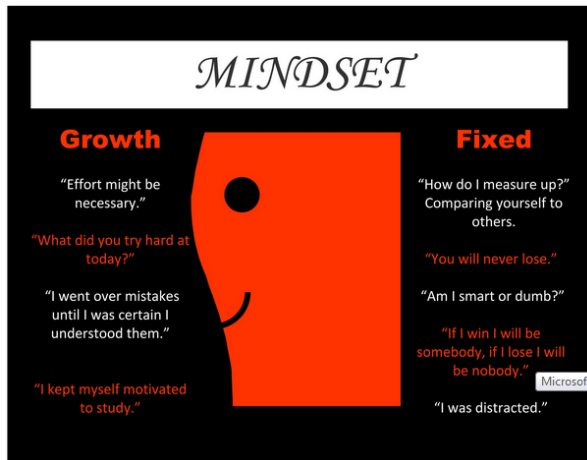
<http://championshipbasketballschool.com/2013/09/23/carol-dweck-mindset-new-psychology-success/>

**Changing Our Mindset**  
 Carol Dweck, well-known Stanford University psychologist, talks about the power of our mindset or our beliefs (especially around challenge). We can either have a Fixed Mindset where we let failure (or even success) define who we are, or a Growth Mindset where we see setbacks as opportunities to grow and improve ourselves. Just like how we learned how to walk... there are many stumbles along the way, but to reach our potential and live the life we desire, it takes practice and perseverance. We always have a choice about which view we adopt for ourselves... and it's never too late to change. What's your view?

	FIXED MINDSET Belief that my intelligence, personality and character are carved in stone; my potential is determined at birth.	GROWTH MINDSET Belief that my intelligence, personality and character can be developed! A person's true potential is unknown (and unknowable).
<i>It's up to you!</i>		
DE'VE	Look smart in every situation and prove myself over and over again. Never fail!	Stretch myself, take risks and learn. Bring on the challenge!
EVALUATION OF SITUATIONS	Will I succeed or fail? Will I look smart or dumb?	Will this allow me to grow? Will this help me overcome some of my challenges?
DEALING WITH SETBACKS	"I'm a failure" (identity) "I'm an idiot"	"I failed" (action) "I'll try harder next time"
CHALLENGES	Avoid challenges, get defensive or give up easily.	Embrace challenges, persist in the face of setbacks.
EFFORT	Why bother? It's not going to change anything.	Growth and learning require effort.
CRITICISM	Ignore constructive criticism.	Learn from criticism. How can I improve?
SUCCESS OF OTHERS	Feel threatened by the success of others. If you succeed, then I fail.	Finds lessons & inspiration in other people's success.
RESULT...	Plateau early, achieve less than my full potential.	Reach ever-higher levels of achievement.

From

<http://insidetheclassroomoutsidethebox.wordpress.com/2014/04/13/musings-on-mindset/>



From

<http://www.redhawksonline.com/2012/09/25/finding-the-right-mindset/>

Fixed Mindset	Growth Mindset
Intelligence is static.	Intelligence can be developed.
Leads to a desire to <i>look smart</i> and therefore a tendency to	Leads to a desire to <i>learn</i> and therefore a tendency to
<ul style="list-style-type: none"> <li>avoid challenges</li> </ul>	<ul style="list-style-type: none"> <li>embrace challenges</li> </ul>
<ul style="list-style-type: none"> <li>give up easily due to obstacles</li> </ul>	<ul style="list-style-type: none"> <li>persist despite obstacles</li> </ul>
<ul style="list-style-type: none"> <li>see effort as fruitless</li> </ul>	<ul style="list-style-type: none"> <li>see effort as path to mastery</li> </ul>
<ul style="list-style-type: none"> <li>ignore useful feedback</li> </ul>	<ul style="list-style-type: none"> <li>learn from criticism</li> </ul>
<ul style="list-style-type: none"> <li>be threatened by others' success</li> </ul>	<ul style="list-style-type: none"> <li>be inspired by others' success</li> </ul>

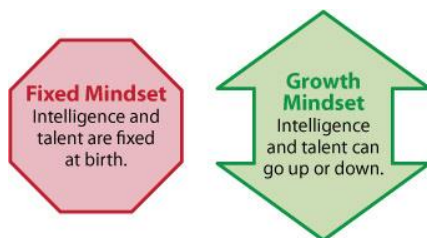
From

<http://classteaching.wordpress.com/2013/09/17/growth-mindset-attributes/>

	<b>Fixed mindset</b>	<b>Groeimindset</b>
Belief	Capabilities are primarily seen as inborn talents which are hardly changeable	Capabilities are seen as mutable by effort and effective learning strategies
Tendency	To try to appear as capable as much as possible	To try to learn and improve as much as possible
Challenges	Are avoided because, in case of failure, they can give an impression of lack of talent	Are embraced because you can learn from them and they can lead to growth
View on effort	Is seen as an indication of a lack of talent	Is seen as a normal and necessary step to growth
Response to adversity or failure	Is seen as an indication of a lack of talent, often leads to giving up early	Is seen as an indication that more effort and/or better strategies are needed
Response to criticism	Self-defeating defensiveness: own mistakes are not recognized and admitted	Inquisitive and interested, eager to learn and open to feedback and suggestions
View on success of others	Is seen as a threat because these other people might be viewed as more talented	Is seen as inspirational because lessons can be drawn from it for further learning
Impact on own development	Potential is under-utilized which is seen as a confirmation of one's own fixed mindset	Potential is developed which is a confirmation of one's own growth mindset
Effect on other people	Can impede cooperation, feedback, and growth	Can invite cooperation, feedback and tips and stimulate growth

Table 1. Differences between the fixed mindset and the growth mindset

From <http://www.progressfocused.com/2011/06/developing-growth-mindset-how.html>



<b>Fixed Mindset</b>	<b>Growth Mindset</b>
Wants to <b>prove</b> intelligence or talent.	Wants to <b>improve</b> intelligence or talent.
Avoids challenges for fear of failure.	Engages challenges to improve.
Gives up in the face of tough obstacles.	Persists in overcoming obstacles.
Avoids hard labor.	Sees labor as the path to success.
Treats criticism as an attack.	Treats criticism as an opportunity.
Feels threatened by others' success.	Feels inspired by others' success.

<b>Don't Say</b>	<b>Do Say</b>
I'm so stupid.	What am I missing?
I'm awesome at this.	I seem to be on the right track.
I just can't do math.	I'm going to train my brain in math.
This is too hard.	This is going to take some time.
She's so smart, she makes me sick.	I'm going to figure out how she's doing it.
It's fine the way it is, and yours isn't any better.	That's an interesting idea for improvement.

From <http://www.thoughtfullearning.com/blogpost/get-smart-become-talented>