**Carol Dweck’s Mindsets**

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| **Growth Mindset Beliefs** | **Fixed Mindset Beliefs** |
| People can change how “smart” they are by learning new things and growing their brains. | People are born as smart as they’ll ever be; intelligence is a fixed quality. |
| With hard work and effort, anyone can learn and do just about anything. | Hard work and effort are futile; if a person is not good at something, that’s just the way it is. |
| No matter how smart people seem, they can still learn and improve their knowledge and skills. | Even really smart people can’t get any smarter; it’s just the way they were born. |
| People may seem to have certain characteristics, but they can change them with hard work and effort. | You’re a certain kind of person and you can’t change that. |
| The smartest people work really hard, studying and practicing, so they can grow their brains and improve their skills. | Only people who aren’t very smart or skilled have to work really hard, like doing homework or practicing music or sports. |
| It’s in facing new challenges and learning new things that the most growth happens in our brains. | Challenges are just frustrating and defeating; it’s better to stick with the things for which you have natural talent. |
| The most important thing is to learn and grow; mistakes are just part of the process. | If a person tries something new and fails, people will know s/he is not smart. |
| Only if people give each other constructive feedback about their work can we know where we need to improve and work to do it. | People shouldn’t criticize others; it just makes them feel bad about themselves and, anyway, they can’t help it if they make mistakes. |

Dweck, C. (2006). *Mindset: The new psychology of success*. New York: Ballantine Books.

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