



Growth Mindset

How to Nurture a Growth Mindset

A growth mindset posits that with hard work, help from others and strong learning strategies one can develop abilities. On the other hand, a fixed mindset states that talents are what they are and can't be improved. Research shows that a growth mindset positively impacts motivation which leads to students focusing on learning and doing better in their classes.

Growth vs. fixed mindset

Carol Dweck introduced the concept of fixed vs. growth mindset. In a fixed mindset, people believe that their talent and intellect cannot grow, change or develop, and that those basic traits are simply fixed (Dweck, 2016).

I'm just not good at math.

I could never learn how to play tennis; I'm not coordinated.

A growth mindset, in contrast, is where people believe that they can learn, grow and develop a skill through dedication and hard work (Dweck, 2016).

I'm not good at math YET.

I've never played tennis before, but I'd like to learn.

At any one time, individuals hold a combination of both growth and fixed mindsets. While a growth mindset promotes a love of learning and can lead to accomplishment, a fixed mindset can lead to frustration and giving up.



Source: <http://big-change.org/> 2015

Changing a fixed mindset to a growth mindset

Changing a student's beliefs and attitudes can be challenging. The first step is to bring awareness to the student's current mindset. Then, ask questions that challenge and examine the obstacles to a growth mindset.



Source: Two Mindsets, Carol S. Dweck, Ph.D., www.mindsetworks.com/science/Impact. Visually translated and adapted by InsideTrack.