

## Carol Dweck's Mindsets

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.