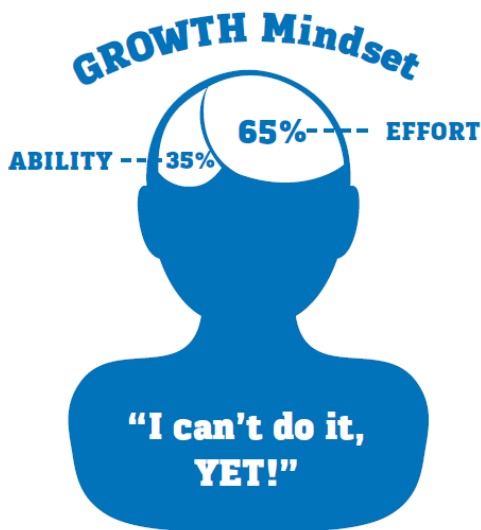


EMBRACING THE 'F' WORD

Growth + Fixed Mindsets



Growth Mindset

'Learn at all costs!'

Identified by Carol Dweck (Dweck, C.S. (2006). *Mindset: The new psychology of success*. New York: Random House Inc) a growth mindset is where a person's self-belief is centred around the notion that, "...their most basic abilities can be developed through dedication and hard work. Brains and talent are just the starting point."

With a growth mindset, the actual process of learning is enjoyed. Those with a growth mindset believe they can become smarter and learn more through their mistakes and perseverance. Those with a growth mindset see challenges, set-backs and failures as opportunities to learn and improve their knowledge and skills.

With a growth mindset who you are is constantly changeable. The greatest accomplishments are met through dedication, patience and effort. Effort is what ignites ability and turns it into accomplishment.

Fixed Mindset

'Look smart at all costs'

A Fixed Mindset is where people believe traits such as intelligence or talent are fixed traits, set a birth. A person with a fixed mindset lets failure or success define them. Through this fixed mindset, much time is spent by the person documenting their talent and less time working on developing their talents.

Those with a fixed mindset will describe themselves as either 'dumb' or 'smart' with no way to change this and will shy away from challenges. When faced with failure or a different challenge, they will tell themselves and others, 'they can't do it' or will make excuses to rationalise the failure (E.g., I didn't pass the test as I was too busy doing my homework for another subject).

