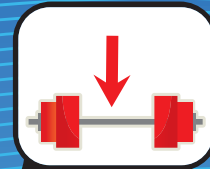
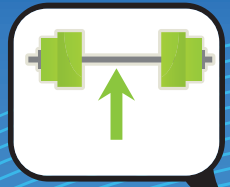


# MINDSET CHOICES



## Growth Mindset

## Fixed Mindset

### **BELIEF:**

We are **NOT** limited in learning potential. Our intelligence is like a muscle and it will grow the more we use it. Practice and persistence builds our intelligence.

### **BELIEF:**

An individual is born with a fixed amount of intelligence that does not change throughout his/her life.

### **Embrace challenges.**

When learning is hard, it is satisfying and fun.

### **Avoid challenges.**

When learning is hard, it is not fun. It may reveal that I am not smart enough. It is therefore too risky for me to take on learning challenges.

### **See academic struggle and effort as the path to mastery.**

Everyone can learn if they work hard enough. Just like learning to ride a bike, some things simply take time to master.

### **See academic struggle and effort as a weakness.**

If I am smart, I shouldn't need to try too hard to learn. If I am working too hard, it proves I am not very smart.

### **Persist in the face of setbacks or challenges.**

I have nothing to lose and everything to gain if I just keep trying to figure this out. Setbacks and challenges are keys to learning.

### **Get defensive or give up easily in the face of setbacks or challenges.**

These challenges must mean I am not smart. Therefore, it is safer to blame the teacher or NOT try, than reveal my lack of intelligence.

### **Learn from criticism**

because I know it is simply helping me to grow and learn. It is no reflection on how capable I am of learning.

**Ignore useful criticism** because to let it in makes me feel like a failure or stupid.

### **Find inspiration in the success of others,**

because I know that their success does not lessen my capacity as a thinker and learner.

**Feel threatened by the success of others,** because it suggests that I am not as smart or capable as they are.