

Growth Mindset

Dr. Carol S. Dweck, Stanford University



**Fixed
Mindset**

vs

**Growth
Mindset**

- Believes intelligence is static
- Avoids challenges
- Gives up easily
- Sees effort as fruitless or worse
- Ignores useful and negative feedback
- Feels threatened by the success of others

- Believes intelligence can be developed
- Embraces challenges
- Persists in the face of setbacks
- Sees effort as the path to mastery
- Learns from criticism
- Finds lessons and inspiration in success of others