



# 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](http://www.mindsetworks.com/science/Impact). Visually translated and adapted by InsideTrack.