

Mindsets: Helping Student to Fulfill Their Potential

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- **Fixed Mindset:** Intelligence is a fixed trait.
- **Growth Mindset:** Intelligence can be developed.
- Mindsets can be changed. The mindset a student has in a particular area significantly impacts their growth, learning, and motivation.

- **Mindset Rule #1:**
 - **Fixed Mindset: Look smart at all costs.**
This focuses on ability as the vehicle for achievement. Students with this mindset want to be a star, which puts them at a disadvantage because they are focused on how they look instead of learning.
 - **Growth Mindset: Learn at all costs.**
If you want to learn more, you will study more and earn better grades.

- **Mindset Rule #2:**
 - **Fixed Mindset: It should come naturally.**
Many smart students “coast” on their intelligence and give up when have to put in effort.
 - **Growth Mindset: Work hard. Effort is key.**
Research shows that it takes 10,000 hours to master a skill.

- **Mindset Rule #3: In the face of setbacks...**
 - **Fixed Mindset: It’s all about me.**
Students with a fixed mindset try to hide their mistakes and conceal their deficiencies. When something goes wrong, they often give up, blame others, or try to feel superior.
 - **Growth Mindset: It’s about learning.**
Students with a growth mindset capitalize on their mistakes and confront their difficulties. When something goes wrong, they will try hard (e.g., study more after failing a test). The focus is on improvement, not on their intelligence and the grade they earned.

- **Our language tells students what we value, which helps form their mindsets.**
- **Praising ability is harmful; it hinders performance.**
 - A study was conducted where children were praised on their intelligence or praised on their process (i.e., effort).
 - **Results:** Praising intelligence put children into a fixed mindset, whereas praising process put children into a growth mindset. After a difficult trail, the enjoyment, confidence and performance *decreased* in children with a fixed mindset , while the enjoyment, confidence and performance *increased* in children with a growth mindset.

- **In order to foster growth mindsets, it is important to praise the following things:**
 - Effort, struggle, persistence despite setbacks
 - Strategies and choices
 - Choosing difficult tasks
 - Learning and improving

- **The Power of Yet**
 - Yet can be a very powerful term to use.
 - Instead of using the term “*failing grades*,” use “*not yet*.”

- **Mindsets can be changed.**
 - By changing fixed mindsets to growth mindsets, students will enjoy learning. They will put forth more effort in school and therefore perform better.
 - **Great website to change mindsets:**
www.brainology.us or www.mindsetwork.com (Same website)
These websites use computer modules to increase student motivation.

**Changing students' mindset to a growth mindset is critical to closing the achievement gap.*