

Do You Have a Growth Mindset?

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What is a growth mindset?

- Originally coined “Growth Mindset” by Dr. Carol Dweck, it is the belief that a person’s skills and abilities can be developed in small increments, and their intelligence is not fixed but malleable.
- Contrarily, a fixed mindset is the belief that a person’s skills and abilities are limited and there is a ceiling to their development.
- Adopting a growth mindset has shown to be particularly helpful with students, it helps them look at their struggles as opportunities for growth and improvement.

How do I get a growth mindset?

- A simple google search on ways to develop a growth mindset will offer a vast amount of techniques and methods on how to acquire a growth mindset.
- More straightforwardly, no one person has a growth mindset in everything they do. It may be easier to have a growth mindset in certain aspects of life than others. Adopting a growth mindset requires a shift in thinking and restructuring the way you interpret your setbacks or temporary failures.