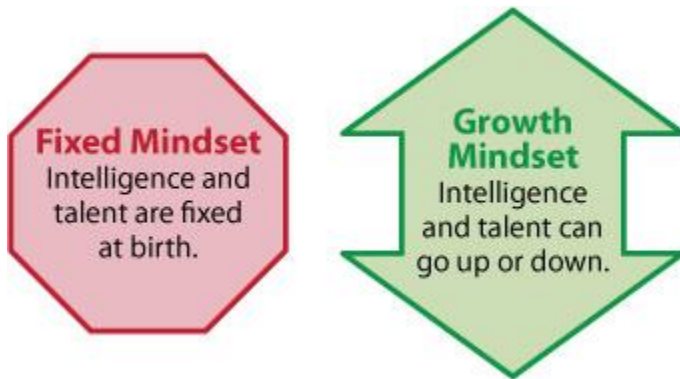


Creating a Growth Mindset



Your mindset is the way that you think about learning. A **fixed mindset** means that you think you are either good or bad at something and can't change. A **growth mindset** means that you expect to improve your ability with practice. Developing a growth mindset can help you learn any subject. One way to develop a growth mindset is to replace fixed thoughts with thoughts focused on growth.

Don't Say	Do Say
I'm so stupid.	What am I missing?
I'm awesome at this.	I seem to be on the right track.
I just can't do math.	I'm going to train my brain in math.
This is too hard.	This is going to take some time.
She's so smart, she makes me sick.	I'm going to figure out how she's doing it.
It's fine the way it is, and yours isn't any better.	That's an interesting idea for improvement.

Your Turn Focus on growth. Replace each fixed-mindset thought with a thought focused on growth. (Suggested answers)

1. I just don't understand science.

I need to find a study partner who can help me understand science.

2. I'll never be as good as other people at math.

I'm going to keep working on tough problems until I get them.

3. I have natural talent, so I don't have to study.

The more I study, the sharper my abilities become.

4. I won't change my project for anybody.

I want to find out ways to make my project even better.

5. The stories in this class are just too hard to read.

I need some new strategies for reading tough stories.

6. Some people are born to succeed and others to fail.

Most people who succeed work hard and don't give up.

7. I don't want to take any hard classes.

I want to take the classes that will help me learn the most.

8. If it's not on the test, I don't care about it.

I want to learn anything that will improve me as a person.

9. Talent is more important than hard work.

Hard work can make anyone better at what they do.

10. Practice is for losers.

Practice is for winners.