Carol Dweck's Mindsets

Growth Mindset Beliefs	Fixed Mindset Beliefs
People can change how "smart" they are by	People are born as smart as they'll ever be;
learning new things and growing their	intelligence is a fixed quality.
brains.	
With hard work and effort, anyone can learn	Hard work and effort are futile; if a person is
and do just about anything.	not good at something, that's just the way it
	is.
No matter how smart people seem, they	Even really smart people can't get any
can still learn and improve their knowledge	smarter; it's just the way they were born.
and skills.	
People may seem to have certain	You're a certain kind of person and you
characteristics, but they can change them	can't change that.
with hard work and effort.	
The smartest people work really hard,	Only people who aren't very smart or skilled
studying and practicing, so they can grow	have to work really hard, like doing
their brains and improve their skills.	homework or practicing music or sports.
It's in facing new challenges and learning	Challenges are just frustrating and
new things that the most growth happens in	defeating; it's better to stick with the things
our brains.	for which you have natural talent.
The most important thing is to learn and	If a person tries something new and fails,
grow; mistakes are just part of the process.	people will know s/he is not smart.
Only if people give each other constructive	People shouldn't criticize others; it just
feedback about their work can we know	makes them feel bad about themselves and,
where we need to improve and work to do	anyway, they can't help it if they make
it.	mistakes.

Dweck, C. (2006). *Mindset: The new psychology of success*. New York: Ballantine Books.

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