

Fixed vs. Growth Mindset

Watch the video of McKenzie explaining fixed and growth mindset. As you are watching the video, use the following questions to identify key concepts:

1. How did McKenzie explain fixed mindset?

2. How did McKenzie explain growth mindset?

3. How did McKenzie use a growth mindset approach when she didn't do well on a math test?

4. How would having a growth mindset help you in school?

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> ● SOMETHING YOU'RE BORN WITH ● FIXED 	SKILLS	<ul style="list-style-type: none"> ● COME FROM HARD WORK ● CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> ● SOMETHING TO AVOID ● COULD REVEAL LACK OF SKILL ● TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> ● SHOULD BE EMBRACED ● AN OPPORTUNITY TO GROW ● MORE PERSISTENT
<ul style="list-style-type: none"> ● UNNECESSARY ● SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> ● ESSENTIAL ● A PATH TO MASTERY
<ul style="list-style-type: none"> ● GET DEFENSIVE ● TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> ● USEFUL ● SOMETHING TO LEARN FROM ● IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> ● BLAME OTHERS ● GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> ● USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME

Source: The 4 makers & breakers of mindset—pt. 1. (2015, September 20). *Train Ugly*.
<https://trainugly.com/mindset-makers-breakers-pt1/>

Who would be more successful in life—an individual with a fixed mindset or an individual with a growth mindset? Discuss why individuals with a growth mindset are more successful. Write your thoughts on how having a growth mindset would be most helpful in each of the following categories.

- Skills

- Challenges

- Effort

- Feedback