

FIXED VS. GROWTH MINDSET

A key piece to the academic achievement puzzle

Carol Dweck, world-renowned Stanford University psychologist, through decades of research on achievement and success, has discovered a truly groundbreaking idea – the power of our mindset. Her research has concluded that one's mindset, not intelligence will predict academic and life success.

Dweck defines a mindset as 'a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.' Her research describes 2 distinct mindsets: Fixed and Growth. Understanding a child's mindset can prove to be invaluable in trying to reach, motivate and teach them. Helping a child change from a fixed to growth mindset will truly be life altering.

Growth Mindset Approach to Life:

*"Would you like me to give you a formula for success? It's quite simple, really.
Double your rate of failure."
Thomas Watson*

*"It's not that I'm so smart, it's just that I stay with problems longer."
Albert Einstein*



*"The brain is like a muscle. Giving it a hard workout makes it stronger."
Carolyn Dweck*

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