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.

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