

We usually aren't aware which **mindset** we are using, however it really impacts on how we approach learning.

We may use different mindsets doing different tasks.

I might have a **fixed mindset** when I approach college work, which leads me to think I don't understand this module, I'm not able for this course. I failed my exam I'm no good at this. What's the point in trying again?

Yet I might use a **growth mindset** in other learning situations. I might play a sport and go to training and know that doing drills, working on technique and practising against better players and teams will improve my skills. I might play a musical instrument and spend hours practising to get a piece sounding right. In all these areas I am using a **growth mindset**.

It is important to realise which mindset you are using in College, and begin to rethink how you're thinking!

Useful Links...

TEDX TALK – “The Power of Believing That You Can Improve” by Carol Dweck
https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

"Developing a Growth Mindset", by Carol Dweck
<https://www.youtube.com/watch?v=hiiEeMN7vbQ>

“The Power of Belief: Mindsets and Success” by Eduardo Briceno
<https://www.youtube.com/watch?v=pN34FNbOKXc>

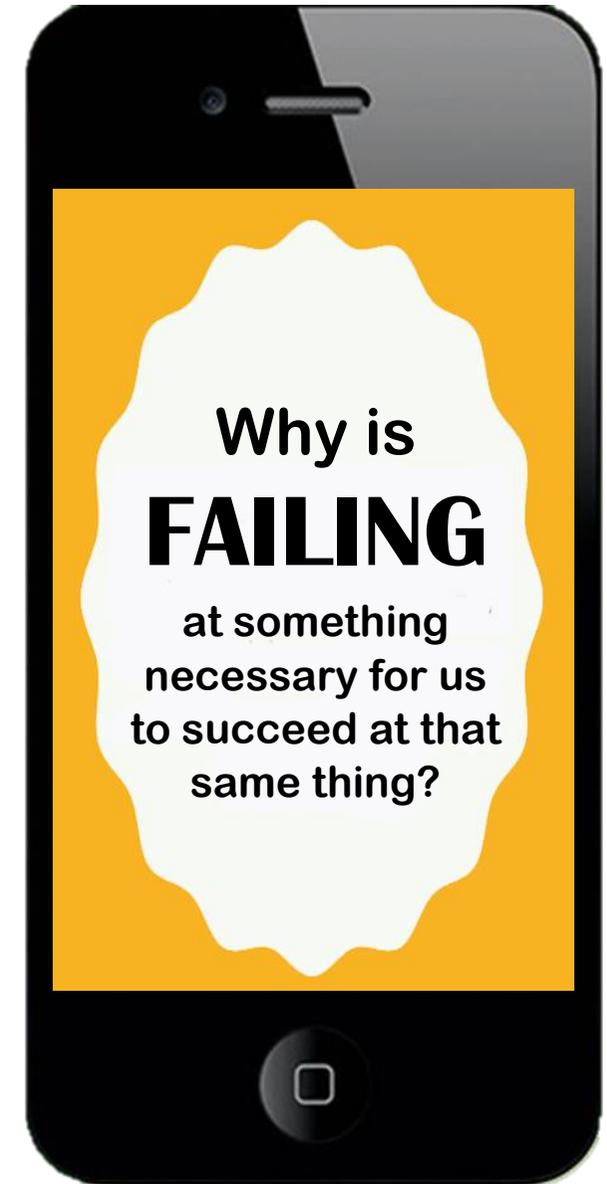
These people demonstrating a GROWTH MINDSET where Effort, Perseverance, Practice have been the cornerstone of their success.
They are showing that our abilities are not 'fixed' but can be developed.

Watch how this young woman learned to dance in a year.
<http://danceinayear.com>

The **“Seinfeld solution”** is the simple method, attributed to Jerry Seinfeld, the world famous stand-up comic and creator of the *Seinfeld* TV series.
This article tells how this one simple approach helped him become one of the best comics of his generation.
<http://www.rich20something.com/how-the-top-1-actually-makes-progress-aka-the-seinfeld-solution>

Nicholas McCarthy was born with one hand and became a successful concert pianist.
<https://www.youtube.com/watch?v=m9dNZKNVqrw>

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Know more about **MINDSETS**

We are talking about two main mindsets:
a **'GROWTH MINDSET'**
or a
'FIXED MINDSET'.

These are two
ways we
approach
learning. We may
not be aware that
we use a certain
mindset, but it
impacts on how
we learn and how
we respond to
'failures',
'challenges',
'setbacks'.



What is a **Fixed Mindset?**

When I have a **Fixed Mindset** I think that my 'ability' or my intelligence is a 'given'; a 'talent' that I either have or do not possess.

If I have a fixed mindset I will think...

- ◆ as intelligence is something either I have or do not possess, I will want to look smart or avoid showing others I am stupid, therefore I won't ask questions when I don't understand something as I don't want to look stupid.
- ◆ I give up quickly when I encounter a challenge.
- ◆ I will see effort negatively. If I have to work hard at something, it must be because I am not good at it. If I have talent, then it should require little or no effort.
- ◆ If I encounter challenges while learning something I should give up as it means I'm not good at this.
- ◆ I will ignore feedback because feedback is telling me I am not smart or capable.
- ◆ I will feel threatened when others do well because I think it reveals I am not good enough.

What is a **Growth Mindset?**

If I have a **Growth Mindset** I know that my brain develops through practice and effort. I know that I can improve my abilities, skills and intelligence.

If I have a growth mindset I will think...

- ◆ I will ask questions when I don't know something as I know that this is an opportunity to learn and develop my intelligence.
- ◆ I will enjoy challenges as I will see them as part of learning. It's not learning if you know how to do it already!
- ◆ I will see effort as fundamental to learning as it is only through practice that my brain changes and my abilities and intelligence develop.
- ◆ I will welcome constructive feedback as this is an opportunity to hone my skills in order to learn more.
- ◆ I will enjoy the success of others as I will learn from their approach and develop new ways of approaching tasks.