

# MINDSET AND LEARNING

## A SUMMARY

### FIXED MINDSET

#### BELIEFS

- Intelligence and ability are **fixed**.
- **Nature** determines intelligence and ability.
- I have an innate ability for some things and an innate disability for other things.
- I will always be good at, for example, maths and always be poor at, for example, art.

#### PRIORITY

- **Prove** myself.
- To succeed, especially with little effort, as this proves that I am clever and I or able.
- Avoid failure of any sort, as this proves I have low ability levels.

#### ATTITUDE TO CHALLENGING LEARNING

- Challenge should be avoided.
- Difficulties will mean I am not as clever as I thought.
- **Failure means I'm stupid** or incapable.

#### I APPLY MYSELF WHEN THERE IS...

- An opportunity to **show off** my strengths.
- A good chance of getting everything right.
- Very little risk of failure.

#### RESPONSE TO CHALLENGE OR FAILURE

- Blame myself or, to protect my ego, someone else.
- Feel inferior.
- Trying guessing the answers or copy others.
- **Learned helplessness - believe I'm incapable.**

#### MOTTOS

- Either you're good at something or you're not.
- If you're really good at something, you shouldn't need to try.
- **If you have to try, you must be stupid.**
- Don't try too hard; that way you've got an excuse if things go wrong.
- No pain, no pain!

### GROWTH MINDSET

#### BELIEFS

- Intelligence and ability can **grow**.
- **Nurture** determines intelligence and ability .
- If I apply myself more, seek help, take risks, change my strategy, then I've got a good chance of learning anything and thus growing my intelligence and talent.

#### PRIORITY

- **Improve** myself .
- To learn through challenge, as this will help me to grow my talents.
- Seek interesting challenges that will stretch and help me to learn.

#### ATTITUDE TO CHALLENGING LEARNING

- Challenge will help me learn.
- Difficulties are an inevitable part of the learning process.
- **Failure means I need to adapt** my strategies.

#### I APPLY MYSELF WHEN THERE IS...

- An opportunity to **learn new** insights or skills.
- Enough challenge to stretch me.
- An opportunity to try something new.

#### RESPONSE TO CHALLENGE OR FAILURE

- There is no blame - I just want to know how to do it better next time.
- **Feel inspired** to have a go.
- Try various problem-solving strategies.
- Seek advice, support or new strategies.
- Grit and resilience in the face of difficulty

#### MOTTOS

- Success comes with application.
- No matter how good you are at something, you can always improve.
- **If you have to try, you must be learning.**
- Always try hard; that way you've more chance of more success.
- No pain, no gain!