

Mindset and Learning: A summary

Fixed Mindset	Growth Mindset
<p>Beliefs</p> <ul style="list-style-type: none"> • 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. 	<p>Beliefs</p> <ul style="list-style-type: none"> • 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.
<p>Priority</p> <ul style="list-style-type: none"> • Prove myself. • To succeed, especially with little effort, as this proves that I am clever and / or able. • Avoid failure of any sort, as this proves I have low ability levels. 	<p>Priority</p> <ul style="list-style-type: none"> • 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.
<p>Attitude to Challenging Learning</p> <ul style="list-style-type: none"> • Challenge should be avoided. • Difficulties will mean I am not as clever as I thought. • Failure means I'm stupid or incapable. 	<p>Attitude to Challenging Learning</p> <ul style="list-style-type: none"> • Challenge will help me learn. • Difficulties are an inevitable part of the learning process. • Failure means I need to adapt my strategies.
<p>I apply myself when there is</p> <ul style="list-style-type: none"> • An opportunity to show off my strengths. • A good chance of getting everything right. • Very little risk of failure. 	<p>I apply myself when there is</p> <ul style="list-style-type: none"> • An opportunity to learn new insights or skills. • Enough challenge to stretch me. • An opportunity to try something new.
<p>Response to challenge or failure</p> <ul style="list-style-type: none"> • Blame myself or, to protect my ego, someone else. • Feel inferior • Trying guessing the answers or copy others. • Learned helplessness – believe I'm incapable 	<p>Response to challenge or failure</p> <ul style="list-style-type: none"> • 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
<p>Mottos</p> <ul style="list-style-type: none"> • 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! 	<p>Mottos</p> <ul style="list-style-type: none"> • 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!