

## 2.5: Fixed vs. Growth Mindset

### Student Objective

Students will integrate thinking that aligns hard work, rather than natural talent, with the path to success.

### Overview

Carol Dweck's research has determined that people have one of two mindsets: fixed or growth. A fixed mindset is when a person believes that their basic abilities, talents, and intelligence are fixed traits. In brief, that success depends upon natural-born talent and intelligence. A growth mindset is based on the belief that a person's basic abilities and talents can be cultivated and refined through dedication, effort, and experience. As students are first approaching a new or novel task, it is critical during the planning stage that they understand that higher grades are the result of how hard they work and not the result of being "naturally gifted."

### Materials/Set-Up

- Handout:
  - 2.5a: Fixed vs. Growth Mindset: Self-Assessment Continuum
  - 2.5b: Fixed vs. Growth Mindset: Self-Assessment Continuum Reflection

### Instructional Steps

1. Briefly explain to students the **difference between a fixed mindset and a growth mindset**, without implying which mindset is more beneficial in life.
2. Distribute the Fixed vs. Growth Mindset: Self-Assessment Continuum and have students complete the activity.
3. Then, distribute the Fixed vs. Growth Mindset: Self-Assessment Continuum Reflection and have students address the written-response reflection questions.

### → Extension

- To increase rigor, extend this activity by reading some of Carol Dweck's research as a class, and then have a Socratic Seminar on the selected reading.

ELL Integration: Preview the vocabulary on the Fixed vs. Growth Mindset: Self-Assessment Continuum.