**Fixed and Growth Mindset**

Fixed mindset: The belief that your abilities and intelligence are set. Each human has a particular amount of skill or intelligence in any particular area, and that amount does not change.

* Desire to look smart
* You see your intelligence as part of your identity, as in “I am a failure.”
* Leads to phrases like “I’m (not) a math person.”

Growth mindset: The belief that your abilities and intelligence can change over time. Each human can improve their skills or intelligence through their efforts.

* Desire to learn
* You see results as a consequence of actions, as in “I failed.”
* People’s true potential is unknown and unknowable

**So what does this mean?**

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| How does each mindset… | Fixed Mindsethttps://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcR41YF2OivhpYEm32w4X8-BwE-M5NFWk_u6F9vNFXXfY-iq4YuI | Growth Mindsethttp://25.media.tumblr.com/tumblr_m6e3nppGiv1r4wm32o1_500.jpg |
| …respond to challenges? |  |  |
| …overcome obstacles? |  |  |
| …see effort? |  |  |
| …respond to criticism? |  |  |
| …see the success of others? |  |  |