

Growth Mindset

Developing Attitudes and Actions That Improve Our Thought Patterns

Prepare to study by listening to a hymn or song and saying a prayer. Create a note for this lesson in your seminary notebook. As you study, write any questions you have and look for answers.

Each of us will face obstacles in our learning and education. Depending on our mindset, we can see these obstacles either as barriers that will stop us or as opportunities to learn and grow. Choosing to face obstacles with a growth mindset demonstrates our faith in Jesus Christ. This lesson can help you learn how to view obstacles to your education with a growth mindset.

Study the Doctrine

Obstacles in learning

Consider the following scenario:

As Caden learns about the classes he will be taking for the upcoming school year, he notices that he has a math class. Caden remembers how poorly he has done in math previously. Caden believes that if he takes this math class, he's going to fail it.

- What stands out to you about Caden's mindset?

- What advice might you share with him?

Growth mindset

When we experience challenges or obstacles in our education and other aspects of our lives, we can view them with either a growth mindset or a fixed mindset. Fortunately, we can choose which mindset to have, and work to develop it.

Growth mindset: People with a growth mindset believe they can learn and draw strength from Jesus Christ. They are quick to change as they learn. They push themselves even when things are difficult by relying on Jesus Christ.

Fixed mindset: People with a fixed mindset doubt their ability to learn. They are afraid they will fail, and they believe they cannot learn certain things.

Here are examples of thoughts, representing a fixed mindset versus a growth mindset. Notice how a focus on Jesus Christ can help maintain a growth mindset.

Fixed Mindset	Growth Mindset
“My mistakes show that I am not smart.”	Because of the Savior, I can learn from my mistakes and get better.
“I do not like to try new things because I will probably fail.”	Knowing that Jesus Christ is pleased with every effort I make to grow, I can try new things and enjoy challenges.
“I cannot learn new things.”	“If I want to learn something, I can learn it with the Lord’s help.”
“When I am frustrated, I give up.”	“Working through difficulties helps me grow and become more like Jesus Christ.”

As you study, think about whether you typically view challenges with a growth or fixed mindset. Look for helpful truths and pay attention to promptings from the Holy Ghost that can help you develop a growth mindset. Remember, developing a growth mindset can take time, but with the Savior's help you can be successful.

Complete the following activities.

Eternal truths that can help us develop a growth mindset

Brother Devin G. Durrant, formerly of the Sunday School General Presidency, explained why disciples of Jesus Christ should develop a growth mindset:

Heavenly Father urges us to seek to develop gifts and improve ourselves because He, as a loving parent, believes that we can achieve great things, including, eventually, exaltation. He is a parent with a growth mind-set. If we are to become like Him, we need to adopt that same mind-set and learn to grow in all the ways He expects. (Devin G. Durrant, “[Helping Children and Youth Develop a Growth Mind-Set](#),” [digital only article], Ensign, Feb. 2020)

- What does this statement help you understand about how a growth mindset can impact your life?

- What do you think can help us develop a growth mindset?

Study the following scriptures to find truths about our Heavenly Father and Jesus Christ that could help you develop a growth mindset when facing obstacles. Make a bulleted list of truths.

Scriptural examples of mindsets

Think about some examples from the scriptures of people who approached their challenges with either a growth mindset or a fixed mindset? Study some of the following scriptural accounts or others you can think of. Then answer the questions that follow.

Example	Scriptures
Nephi and his brothers are asked to retrieve the brass plates.	1 Nephi 3:4-7
Nephi and his brothers lose their family's riches to Laban.	1 Nephi 3:24-31 ; 4:1-6
Nephi and his brothers try to understand their father's prophesying.	1 Nephi 10:17-19 ; 11:1-6 ; 15:1-3, 8-9
Nephi's bow breaks while hunting in the wilderness.	1 Nephi 16:18-23, 30-32
Nephi is commanded by the Lord to build a ship.	1 Nephi 17:7-11, 17-18

- In the accounts you read, how did those with a fixed mindset view their challenges? How did those with a growth mindset view those same challenges?

- How has the Lord helped you, or how do you think the Lord can help you, have a growth mindset and overcome obstacles in your education?

For the scriptural account you read, find an image of it in the Media Library that illustrates someone with either a growth or a fixed mindset. Prepare to share with your class the image and describe who it was, and what kind of mindset they had about their challenge.

Reflect and Connect

Share with me something you learned from this lesson. You could share:

- An obstacle you currently face in your education and learning. Share how you might see it with a fixed mindset, and how you could look differently at it using a growth mindset and exercising faith in the Savior.

