

The Mindsets: research of Carol Dweck, PhD

Fixed Mindset: Intelligence is static

Leads to a desire to look smart and therefore a tendency to...

Challenges

...avoid challenges

Obstacles

...get defensive or give up easily

Effort

...see effort as fruitless or worse

Criticism

...ignore useful negative feedback

Success of Others

...feel threatened by the success of others

Result

As a result, they may plateau early and achieve less than their full potential.

Growth Mindset: Intelligence can be developed

Leads to a desire to learn and therefore a tendency to...

Challenges

...embrace challenges

Obstacles

...persist in the face of obstacles

Effort

...see effort as the path to mastery

Criticism

...learn from criticism

Success of Others

...find lessons and inspiration in the success of others

Result

As a result, they reach ever-higher levels of achievement.