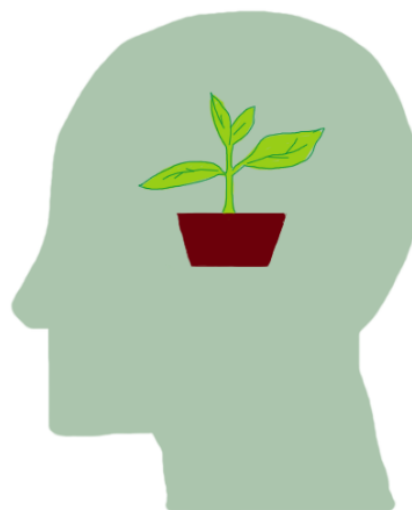




GROWTH MINDSET VS FIXED MINDSIGHT



Fixed



Growth

LEVEL

B2 / C1

SECTIONS

Reading • Vocabulary • Debate • Grammar • Psychology • Education

READING TEXT

Psychologist **Carol Dweck** from **Stanford University** introduced a powerful idea that changed modern education: the difference between a **fixed mindset** and a **growth mindset**.

A person with a fixed mindset believes intelligence and talent are natural and cannot change. Students with this mindset often avoid challenges because they fear failure. They believe mistakes show a lack of ability.

In contrast, a growth mindset is the belief that abilities can be developed through effort, practice, and learning. These students see mistakes as part of the learning process. They are more resilient and motivated when facing difficulties.

Dweck's research showed that the way teachers praise students matters. Praising intelligence ("You're so smart") can create a fixed mindset. Praising effort ("You worked really hard") encourages a growth mindset.

This idea has influenced schools around the world. Many educators now focus on encouraging perseverance, reflection, and long-term improvement rather than immediate success.

The message is simple but powerful: how students think about their abilities changes how they learn.

QUESTIONS FOR CLASS OR PUBLIC DEBATE

1. Do you think you have a fixed or growth mindset?
2. How should teachers praise students?
3. Is failure necessary for learning?
4. Can adults change their mindset?
5. Does the education system encourage the wrong mindset?

KEY WORDS TABLE

English	Meaning	Catalan	Spanish
Mindset	Way of thinking	Mentalitat	Mentalidad
Effort	Hard work	Esforç	Esfuerzo
Challenge	Difficult task	Repte	Reto
Failure	Lack of success	Fracàs	Fracaso
Resilient	Able to recover	Resilient	Resiliente

Perseverance	Continued effort	Perseverança	Perseverança
Praise	Say good things about	Elogiar	Elogiar
Ability	Skill	Habilitat	Habilidad
Improve	Get better	Millorar	Mejorar
Reflect	Think carefully	Reflexionar	Reflexionar

SYNONYM & ANTONYM MATCHING

1. **Effort** → a) Attempt b) Laziness c) Rest
 2. **Failure** → a) Success b) Defeat c) Victory
 3. **Improve** → a) Get better b) Worsen c) Stop
 4. **Resilient** → a) Strong b) Weak c) Fragile
 5. **Challenge** → a) Easy task b) Difficulty c) Comfort
-

TRUE OR FALSE (Reading)

1. A fixed mindset believes abilities can grow.
 2. Growth mindset students avoid mistakes.
 3. Praising effort encourages learning.
 4. The theory has influenced education globally.
 5. Mindset affects motivation.
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PREPOSITIONS GAP FILL

1. Students are afraid ____ failure.
 2. Abilities develop ____ effort.
 3. Teachers should focus ____ progress.
 4. This idea spread ____ schools worldwide.
 5. Students reflect ____ their mistakes.
-

GRAMMAR POINT — Present Perfect vs Past Simple

Explanation

Present Perfect connects past actions to the present. Past Simple refers to finished past time.

Form

- Present Perfect: have/has + past participle
- Past Simple: past verb

Uses

To describe research influence over time.

Exercises

1. This theory _____ (influence) many schools.
 2. Dweck _____ (publish) her research years ago.
 3. Teachers _____ (change) the way they praise students.
-

JUMBLER SPELLING WORDS

1. TDNESMI
 2. RELFIAU
 3. RSOETF
 4. SREVERNIEELT
 5. LEREFTC
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SECOND READING / PSYCHOLOGY OR SOCIAL TOPIC TEXT

The mindset theory connects to ideas from the **Stanford Prison Experiment** and the **Bystander Effect**. In all cases, environment and belief systems shape behaviour more than people realize.

ENGLISH → CATALAN VOCABULARY TABLE

English	Catalan
Learn	Aprendre
Think	Pensar
Practice	Practicar
Mistake	Error
Teacher	Professor/a
Student	Alumne/a
Progress	Progrés
Success	Èxit

DISCUSSION PROMPTS (I WONDER...)

- I wonder if praising intelligence is harmful.
 - I wonder how mindset affects adults at work.
 - I wonder if exams encourage a fixed mindset.
-

GAP FILL (had been / have been)

1. Schools _____ changing their methods.
 2. Students _____ afraid of mistakes before.
 3. Teachers _____ praising effort for years.
 4. This idea _____ discussed in education circles.
-

WOULD YOU BE FRIENDS WITH THEM?

- A student who never tries difficult tasks
- A student who learns from every mistake
- A teacher who praises only intelligence
- Carol Dweck

PREPOSITIONS MULTIPLE CHOICE

1. Focus ____ improvement
a) on b) at c) in
 2. Afraid ____ failing
a) from b) of c) to
 3. Believe ____ change
a) in b) on c) at
-

TRUE OR FALSE (Opinion)

“Failure is more useful than success in learning.”

ANSWER KEY

Syn/Ant: 1-a, 2-b, 3-a, 4-b, 5-b

True/False: F, F, T, T, T

Prepositions: of, through, on, across, on

Tenses: has influenced, published, have changed

Jumbled: Mindset, Failure, Effort, Resilient, Reflect

Had/Have: have been, had been, have been, has been

Prepositions MC: on, of, in