

WHAT KIND OF MINDSET ARE WE NURTURING HERE?



MINDSET MATTERS
Positive
Problem-solving
Learning

People with a Growth Mindset believe that

- You have the capacity to learn and grow your skills.
- Failure is a valuable lesson
- People who are good at something are good because they built that ability
- You are in control of your ability

BELIEF

People with a Fixed Mindset believe that

- Skills, intelligence, and talent are natural
- Failure is shameful and should be avoided
- Some people are naturally good at things while others are not
- You are not in control of your abilities

An important part of the process

Focussed on the process getting better

EFFORT

Not necessary or useful

See effort as a negative thing and something that you do when your not that good

CHALLENGES

Embrace

More likely to embrace challenges and persevere

Avoid

Back down and avoid challenges

MISTAKES

Improve

See mistakes as learning opportunities and ways to improve

Avoid

Get discouraged when making mistakes and avoid them

FEEDBACK

Constructive

Appreciate the feedback and use it. Learn from criticism

Defensive

Get defensive, take it personally, ignore useful criticism/feedback