

# Mindset and Learning: A summary

Fixed Mindset	Growth Mindset
<p><b>Beliefs</b></p> <ul style="list-style-type: none"> <li>• Intelligence and ability are <b>fixed</b>.</li> <li>• <b>Nature</b> determines intelligence and ability.</li> <li>• I have an innate ability for some things and an innate disability for other things.</li> <li>• I will always be good at, for example, maths and always be poor at, for example, art.</li> </ul>	<p><b>Beliefs</b></p> <ul style="list-style-type: none"> <li>• Intelligence and ability can <b>grow</b>.</li> <li>• <b>Nurture</b> determines intelligence and ability.</li> <li>• If I apply myself more, seek help, take risks, change my strategy, then I've got a good chance of learning anything and thus growing my intelligence and talent.</li> </ul>
<p><b>Priority</b></p> <ul style="list-style-type: none"> <li>• <b>Prove</b> myself.</li> <li>• To succeed, especially with little effort, as this proves that I am clever and / or able.</li> <li>• Avoid failure of any sort, as this proves I have low ability levels.</li> </ul>	<p><b>Priority</b></p> <ul style="list-style-type: none"> <li>• <b>Improve</b> myself.</li> <li>• To learn through challenge, as this will help me to grow my talents.</li> <li>• Seek interesting challenges that will stretch and help me to learn.</li> </ul>
<p><b>Attitude to Challenging Learning</b></p> <ul style="list-style-type: none"> <li>• Challenge should be avoided.</li> <li>• Difficulties will mean I am not as clever as I thought.</li> <li>• <b>Failure means I'm stupid</b> or incapable.</li> </ul>	<p><b>Attitude to Challenging Learning</b></p> <ul style="list-style-type: none"> <li>• Challenge will help me learn.</li> <li>• Difficulties are an inevitable part of the learning process.</li> <li>• <b>Failure means I need to adapt</b> my strategies.</li> </ul>
<p><b>I apply myself when there is . . . .</b></p> <ul style="list-style-type: none"> <li>• An opportunity to <b>show off</b> my strengths.</li> <li>• A good chance of getting everything right.</li> <li>• Very little risk of failure.</li> </ul>	<p><b>I apply myself when there is . . . .</b></p> <ul style="list-style-type: none"> <li>• An opportunity to <b>learn new</b> insights or skills.</li> <li>• Enough challenge to stretch me.</li> <li>• An opportunity to try something new.</li> </ul>
<p><b>Response to challenge or failure</b></p> <ul style="list-style-type: none"> <li>• Blame myself or, to protect my ego, someone else.</li> <li>• Feel inferior</li> <li>• Trying guessing the answers or copy others.</li> <li>• <b>Learned helplessness – believe I'm incapable</b></li> </ul>	<p><b>Response to challenge or failure</b></p> <ul style="list-style-type: none"> <li>• There is no blame – I just want to know how to do it better next time.</li> <li>• <b>Feel inspired</b> to have a go.</li> <li>• Try various problem-solving strategies.</li> <li>• Seek advice, support or new strategies.</li> <li>• Grit and resilience in the face of difficulty</li> </ul>
<p><b>Mottos</b></p> <ul style="list-style-type: none"> <li>• Either you're good at something or you're not.</li> <li>• If you're really good at something, you shouldn't need to try.</li> <li>• <b>If you have to try, you must be stupid.</b></li> <li>• Don't try too hard; that way you've got an excuse if things go wrong.</li> <li>• No pain, no pain!</li> </ul>	<p><b>Mottos</b></p> <ul style="list-style-type: none"> <li>• Success comes with application.</li> <li>• No matter how good you are at something, you can always improve.</li> <li>• <b>If you have to try, you must be learning.</b></li> <li>• Always try hard; that way you've more chance of more success.</li> <li>• No pain, no gain!</li> </ul>