Carol Dweck's Mindsets

Growth Mindset Beliefs	Fixed Mindset Beliefs
People can change how "smart" they	People are born as smart as they'll
are by learning new things and	ever be; intelligence is a fixed quality.
growing their brains.	
With hard work and effort, anyone can	Hard work and effort are futile; if a
learn and do just about anything.	person is not good at something,
	that's just the way it is.
No matter how smart people seem,	Even really smart people can't get any
they can still learn and improve their	smarter; it's just the way they were
knowledge and skills.	born.
People may seem to have certain	You're a certain kind of person and
characteristics, but they can change	you can't change that.
them with hard work and effort.	
The smartest people work really hard,	Only people who aren't very smart or
studying and practicing, so they can	skilled have to work really hard, like
grow their brains and improve their	doing homework or practicing music
skills.	or sports.
It's in facing new challenges and	Challenges are just frustrating and
learning new things that the most	defeating; it's better to stick with the
growth happens in our brains.	things for which you have natural
	talent.
The most important thing is to learn	If a person tries something new and
and grow; mistakes are just part of the	fails, people will know s/he is not
process.	smart.
Only if people give each other	People shouldn't criticize others; it just
constructive feedback about their	makes them feel bad about
work can we know where we need to	themselves and, anyway, they can't
improve and work to do it.	help it if they make mistakes.

Dweck, C. (2006). *Mindset: The new psychology of success*. New York: Ballantine Books.