Fixed vs. Growth Mindset

A brief overview of Fixed vs. Growth Mindset:

- Psychologist Carol Dweck introduced the ideas of fixed and growth mindsets to explain how our beliefs about learning affect success.
- A fixed mindset sees abilities as unchangeable, making challenges feel discouraging or impossible.
- A growth mindset sees abilities as skills that can improve with effort, strategies, and support.
- Recognizing and shifting your mindset can help you approach college with more resilience, curiosity, and confidence.
    - For more info: Dweck, C. S. (2008). Mindset. Ballantine Books.

FIXED MINDSET EXAMPLES	GROWTH MINDSET EXAMPLES
"I'm just not good at math, so I'll never do well in this class."	"Math is challenging for me, but I can improve by practicing and getting help when I need it."
"If I don't get it right away, it means I'm not smart enough."	"Learning takes time. If I keep working at it and use different strategies, I can figure it out."
"I failed the first test, so there's no point in trying anymore."	"One test doesn't define me. I can learn from what went wrong and do better next time."
"Asking for help will make me look weak or incompetent."	"Seeking help shows I'm taking responsibility for my learning and want to succeed."

Practice: Think about your life and thoughts you have.
In the left column, list 3–4 fixed mindset statements you have told yourself recently or in the past.
In the right column, rewrite each one as a growth mindset statement. Focus on effort, strategies, and learning over time.

FIXED MINDSET	GROWTH MINDSET

Reflection: Take some time to reflect on these changes you made to your statements.

Which new statement could make the biggest difference for you?

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What support or strategies could help you put your new mindset into action?

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