Mindset Book Review

[Name of the Writer]

[Name of the Institution]

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A)

The fundamental traits of personality are nourished under the influence of a specific mindset. Carol Dweck underpins the mindsets in her renowned book, Mindset: The New Psychology of Success. In a fixed mindset, a person cultivates the belief that intelligence and competence are essentially static in nature. It causes the person to establish a worldview which urges to refrain from putting significant efforts. People with a fixed mindset are inclined towards avoiding challenges, giving up relatively easier in comparison to the other mindset and feel vulnerable after observing the tremendous success of another member of society. Hence, they see the world with a deterministic view and further lack the efforts to unleash their potential in true letter and spirits. I had witnessed several instances where a fixed mindset influenced my acts and their consequences. I believed I am not good at Mathematics. In exams, I used to lose heart and refrained from making efforts because of the impact of a fixed mindset. Since I believed making efforts will not change the consequences, I did not strive to enhance my command over mathematics. Moreover, I used to procrastinate whenever a task was assigned. In the case of deadlines, I used to get late. When the deadline was long, I used to complete the task at the very last hour. I believed procrastination was embedded in my nature and thus gave in to keep up with pace.

B)

Unlike a fixed mindset, the growth mindset fosters the dogma that intelligent is not static and can be developed by learning from mistakes. People with a growth mindset always proceed to learn and reach their potential in life. They have the following prominent objectives: embrace adversities, persist in challenging times, deem struggle as the ultimate path to glory and encourage the criticism of other people(“Dweck - 2016 - Mindset the new psychology of success.pdf,” n.d.). In essence, they encourage others to strive in life. After seeing a successful person, they gain inspiration instead of feeling threatened. Their free will knows no boundaries. Consequently, they accomplish a tremendous extent of achievement in their life. The experiences where I was influenced by the growth mindset had productive ramifications. These instances are worth highlighting. Once my friend and I competed in a speech competition in 10th grade. There were 10 participants. However, I received 8th position whereas my friend ranked on the top. Instead of feeling jealous and threatened, I advanced to learn. I asked him to identify the mistakes I committed and teach me the essential tricks to master the art of delivering the speech. Since then, I have advanced to be proficient at delivering speeches. The dimensions of the growth mindset pushed me to see the friend as a potential source of inspiration. Moreover, I adhered to put efforts in challenging times of my life. I never succumb to the fear of failure because I believe it was an exquisite opportunity to master a critical lesson in life. I was slow at running but was willing to take part in the competition. My goal and mindset made all the difference. I felt I may get left behind during the race yet I kept on running as others did. I lost the race and made a commitment to keep improving. Ultimately, I ranked among the top 3 in the next races after practicing and not succumbing to the pressure and fixed mindset.

C)

As per Dweck, students with a fixed and growth mindset possess contrasting traits. Students with the fixed mindset will relish believing that their fundamental intelligence, abilities and talents are inherently fixed. For instance, the extent of potential cannot be changed and they have to work in its boundaries. In the growth mindset, students believe their competence is primarily the starting point to unleash their potential. The outcomes of students with both these beliefs are entirely different. A student with a fixed mindset will continue to struggle in history. On the other hand, a student with a growth mindset will advance to improve the command over history by learning and believing in abilities.(“What Having a ‘Growth Mindset’ Actually Means,” n.d.) Such stark are the differences between the outcomes of both mindsets.

D)

Professors with fixed and growth mindsets cast a pivotal impact on the academic and cognitive aspects of students. The professor possessing a fixed mindset may advance to stereotype certain students as a failure and thus refrain from paying them attention. The professor with a growth mindset will encourage the average or below average students. He will seek positive impacts in their character and further polish those skills. Thus, the academic performance of a student is primarily reliant on the nature of the mindset cultivated by the professor. I was once made a target by a professor with a fixed mindset. Whenever I used to ask a question or answer a question, the professor would shun my input in a funny manner. I felt greatly disappointed and nearly failed the subject because of the attitude of the professor. Such radical are the manifestations fixed mindsets at times. I had a productive experience with the professors possessing growth mindset. Despite my lack of contribution in the class, they used to encourage me to participate in the discussion. They are my inspiration and I learned a great deal because of their immaculate and professional teaching style.

E)

To discuss the relationship, friendship is imperative to be discussed here. Friends with growth and a fixed mindset can cast essential behavioral changes in others. When I consulted a friend in need of the hour, he assisted me by motivating me. This motivation is of diverse types. For instance, my friend motivated me to let go of the adverse instance and take it as a challenge. It rejuvenated my spirits. Had the friend motivated by saying that things were not in my favor or I am always right, I would have nourished a fixed mindset. Such critical are the manifestations of relationships in establishing mindsets. These mindsets dictate the life of a person. Personally, I am fortunate to be blessed with friends who always inculcated in me positive traits and growth mindset.

F)

To conclude, I have learned essential lessons from the book. It is the mindset which craves the path of success or failure in the life of a person. To be successful, it is imperative to learn from mistakes rather than making a fool of yourself. A growth mindset is the key to inspire others and make strong commitments in life. I possess certain traits which are influenced by a fixed mindset. For instance, I have a protracted habit of procrastination. I believe procrastination lies at the very heart of nature and thus cannot be changed. However, the book has taught me that these beliefs are the ramifications of possessing a fixed mindset. Everything can be changed the person is committed to struggle and embrace the challenges. It is the prominent habit I shall strive to change in my life. Irrefutably, it will induce further positive changes in my character. The bottom line is that I made greatly impressed by the science of mindsets deliberated in the book. I was not aware of the intricacies involved in the establishment of mindset and their consequent impact on the person and the surroundings.

**References**

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