Growth mindset

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This document intends to promote the understanding of growth mindset and fixed mindset through the article ‘Revisiting the Growth Mindset’ by Carol Dweck.

According to Dweck, the students who take intelligence as a component which is fixed and cannot be changed or enhanced possess a fixed mindset whereas those who believe that their aptitude can be changed and their intellect can be enhanced carry a growth mindset. Having a fixed mindset stops the person from trying out of the way. Such kind of people, when stuck in a matter are reluctant to put extra effort and as a result, fail to succeed. On the other hand, those with growth mindsets tend to try harder and can get through any type of tough situation.

It is important to note that it is perception, not a label to carry. Most people who claim to have a growth mindset but practice a fixed mindset are called false-growth mindset. False growth mindsets flourish when organizations make it a necessity to have a growth mindset. According to Carol, it is healthy to promote the growth mindset but making it compulsory for teachers can lead to serious outcomes for students. A teacher who claims the growth mindset, but practices fixed-mindset in the class encourages students to develop a fixed mindset. These teachers tell students that it is okay not to be good at math, maybe it is not strength, you did your best and so on. However, a teacher who carries a growth mind help to close achievement gaps by telling the students they can grow their abilities, anyone can be good at anything if they make an effort to learn and guiding them to do better. It was observed that a program ‘grow their brains’ helped to improve the learning and intellectual abilities of students.

When I get stuck in a situation, I try harder telling myself that there is always a way out. It is important to have a growth mind for educators in order to promote learning in children. Development for growth mind in students will help them to solve from simple mathematics problems to biggest life issues.

# References

Dweck, C. (2015). Carol Dweck revisits the growth mindset. *Education Week*, *35*(5), 20-24.