Name

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Subject

Date

Can you grow intelligence?

The article “You can grow your intelligence” highlights the possibilities of growing intelligence. People believe that intelligence is inborn and cannot be increased. According to this ideology anyone who lacks intelligence was born dumb. The article rejects that claim that a person is born either intelligent or dumb. It argues that intelligence changes depending on individuals capacity of using brain. New research has proved that intelligence grow when a person uses his brain because the muscle gets stronger. This research is linked to the same concept of increase in muscle strength as a person lifts weight. The brain functions in the same way s the muscles.

The argument that intelligence can grow is based on the idea of increase in muscle strength. The article highlights logical points that prove the connectivity of brain use with intelligence. This indicates that a person who is unable to use his brain will lack in intelligence. It is thus important for a person to use his brain for increasing intelligence. The scientific studies depicts, “communication between these brain cells is what allow us to think and solve problems” (Mindset). This reflects the ability of solving problems depends on human intention of using his brain capacity and power. Providing evidentiary support proves this argument. Such as the article mentions that aa person is unable to lift a weight of 100 pounds normally but if he gives time to exercise he would be able to do that. The brain functions in the same manner which means that a person who is practicing to use brain will ultimately increase his intelligence. The findings have proved that a person can grow his intelligence if he trains his brain to do so. When a person learns new things the tiny connections in the brain gets stronger. This also indicates that a capacity of using brain for solving problems or completing complex tasks is directly linked to one’s intelligence. It is not possible to increase intelligence without increasing one’s ability of using brain or critical thinking.

People who live in challenging environments are more likely build their intelligence. This reflects that the level of intelligence is linked to thinking. The article has offender support by using the concept of survival among animals. The animals that live in challenging environments develops the ability of using their brain because they cannot survive otherwise. This can prove the claim that intelligence is not inborn because it is learned through circumstances. The argument states that the need for intelligence plays crucial role in its growth. According to this philosophy a person who lacks inborn intelligence can build it by training his brain. The article also argues that exercise and practice are two essential components for raising intelligence. Providing the example of a basketball player supports this. A player that spends time on sports and practice a lot is more likely to generate good results. In the same way a person can practice to use his brain such as by solving problems and for reaching high levels of intelligence.

I agree with the argument that intelligence can be grown by practice and building capacity for using brain. This will maximize one’s potential of using critical thinking and reaching positive outcomes. I believe that everyone possess certain level of intelligence but it can be increased only if a person develops the ability of using it. This also indicates that failure of using critical thinking or reasoning suppresses intelligence.

Work Cited

Mindset. "You Can Grow Your Intelligence." 2002.