



# Which Mindset are you?



## GROWTH MINDSET

The belief that skills, intellect and talents can be developed through practice and perseverance.

I can learn anything I want to

When I am in "The Pit", I persevere

I want to challenge myself. If it doesn't challenge me, it doesn't change me

When I fail, I learn. First Attempt in Learning

Tell me I try hard

If you succeed, I'm inspired

My effort and attitude determine everything

Feedback to me is a learning opportunity

## FIXED MINDSET

The belief that skills, intellect, and talents are set and unchangeable.



I'm either good at it or I'm not

When I'm frustrated I give up

I don't like to be challenged. Making an effort is pointless

When I fail, I'm no good.

Tell me I'm smart

If you succeed I feel threatened

My abilities determine everything

Feedback to me is an attack on what I've done

**'The way you think about intelligence affects how intelligent you are...'**

**Robin  
Lauder  
2016**