

Do you believe you can improve? Your outlook and beliefs about growth, embracing change and tackling challenges may have an enormous impact on your growth and success potential. Understanding what makes you better and smarter is worth a closer look.

Read [Carol Dweck - A Summary of The Two Mindsets.pdf](#) and watch her Ted Talk before you make your first comment. The video and the reading should not take more than 30 minutes to read. Please do both.

First substantial comment no later than November 10. Two more comments for your peers by November 13.

- Summarize the key points of the reading and the video
- Based upon your experiences in school from the beginning to now do you believe you were raised with a fixed or growth mindset.
- How do you feel about the growth mindset? Do you believe it is a pathway to success or do you have a different outlook?
- How can you apply the concepts of this reading to your learning and growth strategy?

Dweck introduces her work understanding human motivation and how developmental, social, and personality psychology is involved. According to the article, the two types of mindsets are the growth mindset and fixed mindset — where you either believe you can always grow and learn, or your abilities are unchangeable. She talks about how the key to success is effort and constantly working to improve. Mindset also affects creativity because you produce the skills of perseverance and resilience.

In the Ted Talk, Dweck talks about a school in Chicago and how they give the grade “not yet” instead of failing. She also explains an example of students who spoke positively versus negatively about doing badly on questions. The students with a fixed mindset “run from difficulty”. Then, she gives a list of things we can do: 1) praise the process 2) “yet” and “not yet” gives greater confidence 3) pushing out of their comfort zone. The growth mindset also allows for equality because meanings changed.

I was raised with multiple mindsets. In high school, it was fixed but at home, it was growth, and now in college, it is growth. Before college, we aren't given second chances and are able to show improvement. In addition, I wasn't given feedback before turning in work, we would have to seek out opinions for ourselves. At Parsons, it is part of the curriculum to do critiques. This is a great way to teach because of being able to learn from mistakes. At home, I was always taught that we can always improve, learning to persist, and seek inspiration through role models or memoirs.

I do believe in the growth mindset because when I had a hard time in high school, it was a positive attitude and belief that I am not tied to what I was, I could be something different that pulled me out of that place. A mindset is extremely influential because even if something does not go the way I thought it would, your attitude allows for flexibility and improvisation. In addition, I think it is important to be able to move on much more quickly because otherwise it is easy to become too fixated.

I can apply the concepts of this reading because it teaches me to learn from my mistakes in a more constructive way. For example, I appreciate the story about a school in Chicago where if a student didn't pass a course, they got the grade "Not Yet." I think it a much better mindset to have because it does not put a taboo on mistakes but rather a way to learn and persevere to do better.