Title: Growth Mindset and Grit Conversation Summary

During my 30-minute call with my peer from the cohort, we had an insightful discussion about growth mindset and grit. Here is a summary of our conversation:

A. What is a growth mindset? What is a fixed mindset?

We both agreed that a growth mindset is a belief that abilities and intelligence can be developed through dedication and hard work. On the other hand, a fixed mindset is the belief that intelligence and talents are innate and cannot be significantly improved.

B. What evidence is there that a growth mindset is important?

We discussed a study that focused on students in a school setting. The treatment involved teaching one group of students about the concept of a growth mindset and the power of "yet," while another group received no such intervention. The result showed that the students who were taught about the growth mindset showed significant improvements in their grades and academic performance compared to the control group.

C. What is the most common misunderstanding about the growth mindset?

We found that the most common misunderstanding about the growth mindset is that it solely relies on positive thinking or wishful beliefs. However, it is not just about having a positive attitude; it is about embracing challenges, persisting through setbacks, and putting in effort to improve.

D. Why is the word "yet" so powerful for a growth mindset?

The word "yet" is powerful because it implies that although someone hasn't achieved something at the moment, they are on the path to achieving it with continued effort and learning. It signifies hope and progress. One personal example we shared was, "I haven't mastered playing the guitar yet."

E. Is intelligence fixed? Explain.

We both agreed that intelligence is not fixed. While individuals may have varying starting points, the brain has a remarkable ability to adapt and grow through learning and experiences, making intelligence a flexible and developing trait.

F. What is grit?

We defined grit as perseverance and passion for long-term goals. It involves having the dedication to work hard and maintain focus, even in the face of challenges and setbacks.

G. Give an example of grit from your own life.

My peer shared a story of how they managed to complete a challenging coding project despite encountering numerous obstacles along the way. Their determination and persistence paid off in the end.

H. What evidence is there that grit is important?

We discussed a study that followed athletes throughout their careers. The research found that those with higher levels of grit were more likely to achieve success and outperform others, even when their talent levels were initially similar.

Reflection Questions:

What do you understand about mindset now that you did not understand before?

Both of us gained a deeper understanding of how mindset affects our beliefs, actions, and ultimately, our achievements. We realized that cultivating a growth mindset is a continuous process that requires effort and self-awareness.

What do you think is more important: effort or intelligence? Explain your opinion.

We both agreed that while intelligence can provide a starting advantage, the effort is ultimately more important. Without putting in the hard work and dedication, intelligence alone may not lead to significant accomplishments.

How motivated do you personally feel to develop a greater growth mindset? Be honest.

We were both motivated to develop a greater growth mindset, as we recognized the potential for personal and professional growth through this mindset.

Describe a time when you failed at something. What feelings did you have at the time? When you look back on that time, how do you feel now? What did the failure teach you?

My peer shared a story about failing to secure a job position they had applied for and feeling disappointed and discouraged at the time. However, looking back, they now see it as a valuable learning experience that taught them to improve their interview skills and persevere in their job search.

Give at least 2 of your own personal “yet” sentences.

"I haven't published my book yet."

"I haven't mastered public speaking yet."

What is one way you can practice a growth mindset?

We both decided to embrace challenges willingly and view failures as opportunities for learning and improvement.

Final Thoughts:

Overall, our conversation was enriching and eye-opening. We had no areas of confusion or disagreement, and we felt inspired to continue developing a growth mindset in our academic and personal lives. We thanked each other for having this insightful conversation and supporting each other's growth.