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Learning Styles

Between the two main different learning styles, people go about their days gaining and giving information. You can sometimes tell what a person's style is by the way they tell a story, ask you questions, or try to explain something. If a friend tells you they had a bad day at work because of a coworker, and that the job sucks and they hate everyone there, that might be a sign of a fixed learning style or a narrow mindset. However, if you have another friend that had a bad day for the same reason but they say that maybe their coworker was having a bad day and they'll check up on him tomorrow, that is indicative of a growth mindset.

I believe it is valuable to see both ends of the spectrum. Knowing when you need to zone in on a topic or research project for example, where you have all the info you need and you need to meet a deadline, is valuable. It might hinder you and your grade if you say "I think it would help to have another example here" or something if you already have what you need. However, having a growth mindset usually outweighs the benefits a fixed or narrow learning mindset can give you. Maybe that last example would bring you from an 89% to a 97% on that project. It also helps when learning a new concept. For example, you could have been a delivery driver for one place and moved to a new restaurant and they do things differently. It would be more beneficial for you to learn the new skills you need for the job and go along with it rather than shut down because it's not something you immediately understand.

Overall, I believe a growth mindset provides more value to a person's life than a fixed mindset. However, being able to understand when both need to be used appropriately can maybe do even more for someone.