What I found interesting while researching the ideal mindset for programmers was that there exist only two distinct mindsets. In my honest opinion, the ideal mindset for a programmer would be to find a perfect balance between a growth mindset and a fixed mindset. I disagree with the idea of intelligence being static, as we as humans learn new things everyday. What stuck with me is the concept of being threatened by the success of others. Arrogant as it may be, it would gel very well with the concept of working hard. In trying to surpass others’ achievements, one would be able to work harder to achieve success. In regards to other interesting things I found throughout my research, I found that many sources encourage staying calm, even when under severe pressure. I completely agree with this, as working under a frantic state of mind distracts one from performing well. Say, for example, you run into a massive problem while trying to create a program, and you can’t find it. The ideal response, according to these sources, would be to stay calm, and take it as a challenge, as opposed to getting infuriated and throwing your focus off balance. I, as an avid programmer, tend to get distracted by errors and it takes away from the overall experience. That’s why I strongly believe that the growth mindset is arguably the most effective mindset there is. I love the idea of being able to see problems as a challenge. Aside from myself, I know that the growth mindset works for professional programmers. From what I observed at my internship at BebopBee (a game developing company in Palo Alto), the programmers were never phased by issues. They would get together and try to tackle the problems as a unit, instead of getting frustrated. That’s where my next point comes in. Alongside the growth mindset, working as a unit is very effective.

http://altered-states.net/index2.php?/sync/ideal\_mindset.htm