Growth Mindset

Imagine we have two individuals, Greg and Frankle. Both individuals are the same age; both individuals work hard and try to do their best. However, one key difference between Greg and Frankle is their 'mindset'. Mindset is an abstract noun that refers to the way we think when we encounter various scenarios. Over the last decade, it has become trendy to speak about two specific mindsets: Growth mindset and Fixed mindset. George has a Growth Mindset, whereas Frankle has a fixed mindset.

## The Spectrum

These two different mindsets sit on the opposite sides of a spectrum. To imagine what that looks like, picture a ruler. On the left side, we have a Growth mindset, and right at the end of the other side, we have the Fixed mindset. So, it means that our 'mindset' could be anywhere on that ruler. Some people are closer to the Growth side; however, some are closer to the Fixed side. All of this is what we call a spectrum.

## What is a Growth Mindset

Imagine Greg and Frankle take the same test at the start of year six to determine which secondary school they attend. Unfortunately, both of them fail the test and enter the same school. Their different mindsets will influence how these two individuals see the same event: Greg is naturally disappointed with the results but realises there is a lot for him to learn, which will help them grow. In contrast, Frankle is inconsolable as they believe the test is a true reflection on ability. Frankle feels like failure is the limit of their abilities.

With Greg's growth mindset, the way they view the world is optimistic. It means that facing complex challenges is more like a game, in the sense that you will be rewarded with 'experience points' to help meet the next challenge. Even if things become too hard, forcing you to stop doesn't mean you are not good enough. It just means that once you can overcome it, you would have grown. No matter how good anybody is at something, they will always face hurdles, adversity and setbacks. So instead of running away from it, we have to learn how to manage these obstacles properly. This is how the Growth Mindset helps.

## Fixed Mindset

On the other hand, the Fixed mindset makes us feel like we are in prison inside of our mind. It is often easy to have a Fixed mindset because it is tightly linked with our feelings and emotions. When we think of Frankle's failure, we can imagine how he despairs and feels hopeless. Frankle feels let down and judges himself to be inadequate to his peers. As a result, Frankle believes there is a gap between his current level and the level of those who passed, and that gap will never close. Is this true? Will Frankle always lag behind his peers, or is he unable to see the room for him to grow?

It is natural to feel upset, yet it is essential to realise that these feelings are temporary. If we cannot shake these feelings, then it will impede how we go through life. Frankle will constantly believe that some things are not worth trying as his inner thoughts remind him he is not good enough. Because of this, there will be activities that Frankie will never experience and limit his abilities. If Frankle could move along the spectrum towards Greg, then Frankle would be able to discover new things and close the 'imaginary gap'.

## How do we get a Growth Mindset?

A great way to cultivate a Growth mindset is to expose yourself to activities where failure will occur; trying new things will increase the frequency of failure. It is important to remember that failure is necessary and should be confronted. The more frequently we face failure, the weaker its power is over us. If we always choose to avoid tasks we know we might fail in, then the power it has over us grows.

Activities you can try:

* New sports (Rock Climbing, Rugby, Badminton etc.)
* Learning Magic
* Learning a new language
* Creating a project (arts & crafts, building)

A second way, closely linked to the first, is getting feedback. Feedback and criticisms, just like failure, are natural and should be encouraged. More often than not, you will find yourself with someone else more experienced than you are. When they give you comments on your work, it is not a personal attack on who you are but merely ways to grow. The more feedback and constructive criticism you can amass, the faster your growth will be.

Change is never easy. It will require work not to act based on how we feel. Regardless of what you want to become in life, know that having a Growth Mindset will set you up for success in anything.

|  | Question |
| --- | --- |
| 1 | Which one of these words is also an abstract noun?   1. Sad 2. **Delight** 3. Joyful 4. Tearful |
| 2 | What does the text mean when it says it is “trendy”?   1. **It is more popular recently** 2. To follow a trend 3. It is more accurate to say there are two mindsets 4. It is easier nowadays to speak about mindsets |
| 3 | What is another word for situated?   1. **Located** 2. Situation 3. Site 4. Scenario |
| 4 | Which of these statements best defines what a spectrum is?   1. A real, physical line where every possible level can exist 2. **A range of different points in between two endpoints** 3. A list of every possible option 4. None of the above |
| 5 | Which one of these statements best explains the effects of the two mindsets   1. You can switch between the two mindsets to have two perspectives of the same thing 2. Depending on your mindset you can never understand how others feel 3. **Based on the mindset you have, the same event will appear different** 4. Your mindset is set in stone and you will view all things the same |
| 6 | Why does the text describe complex things like a game?   1. To relate to the reader better 2. To help them understand that even difficult things can be engaging and fun 3. To offer an alternative point of view on something difficult 4. **All of the above** |
| 7 | Based on the explanation of a growth mindset, which of these statements is an advantage of a growth mindset?   1. It means you can do absolutely everything 2. It gives you the power to overcome any challenge 3. **You are not afraid of failure but embrace it to make improvements** 4. You protect yourself because you avoid failure and mistakes |
| 8 | What is a major disadvantage of the fixed mindset?   1. **We avoid trying to improve because we think our level is just fixed forever** 2. We constantly put ourselves in situations where we fail 3. We are constantly embarrassed about our past 4. It makes us more emotional |
| 9 | Which one of these statements is true?   1. The gap between your talent and someone else’s will never change 2. **We can change our mindsets once we realise that we cannot improve without failing** 3. Once someone is better than us, they will always be better than us 4. Having a growth mindset will stop us from trying new things because it is scary to fail |
| 10 | What writing technique is “On the other hand, the Fixed mindset makes us feel like we are in prison inside our minds”?   1. Metaphor 2. Personification 3. **Simile** 4. Onomatopoeia |
| 11 | What effect is created with this sentence?   1. It makes you imagine a prison inside of your mind 2. It creates a vivid picture of your mind as a prison 3. **It creates a picture of you stuck and trapped by your own thoughts** 4. None of the above |
| 12 | Which one of these statements is false?   1. It is natural to feel upset and disappointed about failure even if you have a growth mindset 2. If you never try to correct your mistakes or practise, then the invisible gap will always exist 3. Once you have a fixed mindset, all is lost and there is no point in trying 4. **You should stick to things you know and are good at** |
| 13 | Select two ways to grow your growth mindset   1. **Fail more often** 2. **Get more feedback** 3. Stick to the same activities 4. Try learning magic 5. Watch experienced people |