**Laiba:**

Good morning, everyone. My name is Laiba.

Today, Ali, Sameer, and I want to talk to you about something that has the potential to transform the way we approach challenges and setbacks. It's about a concept that has been extensively researched and has the power to redefine our understanding of success and achievement. I'm talking about the power of a growth mindset.

Imagine for a moment that you're faced with a challenge. It could be a difficult project at work, a new skill you want to learn, or even a personal goal you've set for yourself. What mindset do you approach it with? Do you believe that your abilities are fixed, that you either have what it takes, or you don't? Or do you believe that with effort, perseverance, and the right strategies, you can improve and grow?

Let's consider two real-life examples.

First, think about a student who receives a poor grade on a math test. Someone with a fixed mindset might think, "I'm just not good at math," and give up trying. On the other hand, a person with a growth mindset would see this as an opportunity to learn from their mistakes, study harder, and improve their grade next time.

Second, imagine an athlete who consistently loses games. With a fixed mindset, they might blame their lack of talent or bad luck. However, someone with a growth mindset would view each loss as a chance to identify weaknesses, work harder in practice, and eventually become a better player.

In her TED talk, Carol Dweck discusses two mindsets: a fixed mindset and a growth mindset.

* Fixed mindset: Believing abilities are fixed, avoiding challenges, giving up easily.
* Growth mindset: Believing abilities can be developed through effort, embracing challenges, persisting in the face of setbacks.

Dweck emphasizes praising effort over intelligence, as it encourages a growth mindset and leads to greater success.

Now Ali will delve deeper into the key points of Dweck’s talk.

**Ali:**

Carol Dweck's research highlights the difference between a fixed mindset and a growth mindset. People with a fixed mindset believe that their abilities are static and unchangeable, which can lead to a fear of failure and turn away from challenges. They also avoid seeking feedback or trying new approaches, doing what they already know they are good at.

On the other hand, those with a growth mindset see challenges as opportunities for growth. They understand that skills are developed through dedication and effort. They don’t see failure as a setback, but as a step towards improvement. They seek feedback and constantly exert efforts.

Dweck also explores how praise and feedback can shape mindset. She reveals that praising intelligence will reinforce a fixed mindset, as individuals may become focused on proving their intelligence rather than embracing challenges. However, praising effort will reinforce a growth mindset by highlighting the importance of resilience.

Now Sameer will present Dweck’s evidence.

**Sameer:**

Dweck's research provides interesting evidence for the impact of mindset on learning and achievement. In one study, students praised for their effort showed greater motivation compared to those praised for their intelligence. This simple shift in feedback not only transformed their attitudes toward learning but also their willingness to confront difficult tasks.

Now if we could speak with Carol Dweck, we would ask:

1. How can individuals shift from a fixed mindset to a growth mindset, especially if they have always had a fixed mindset?
2. How can teachers and parents foster a growth mindset in their interactions with children and students?
3. Are there any specific strategies you recommend for creating a growth mindset in oneself and others?

In conclusion, the power of a growth mindset lies in its ability to transform our approach to challenges. By adopting a growth mindset, we can become more resilient and more successful.

Thank you.