“Developing a Growth Mindset” was an interesting exploration into Carol Dweck’s experiments while working with young children and how their inherent mindsets determined their reactions to challenges. Carol spoke about how she tested the children by providing them problems that were beyond what they had learned to that point. Some children reacted to the challenge with excitement while other children were frustrated. What is perhaps the most interesting is that the children who were frustrated focused more on negative ways to overcome those self-limiting beliefs such as suggesting they would cheat next time or by comparing their results to others with worse results in order to elevate their feelings.

Carol also spoke about ways in which educators can help reinforce a growth mindset. One reoccurring theme was that of “not yet”, a method of grading which focused on the path to “yet” rather than what she referred to as “the tyranny of now”. The manners in which growth was fostered were praising perseverance, strategy, and focus which teaches resilience rather than praising an inherent talent. This helps bridge student towards “yet” rather than leaving them with the belief that their abilities are limited to what they are capable of now.

My results from the Mindset quiz indicated that I have a strong growth mindset. My perspectives on mindset did not change after watching the video and learning about the types of mindsets. While I was unfamiliar with the terminology, I have always recognized that through practice and determination, I have been able to fine tune certain skill sets. I do think it will affect my outlook going forward because while I have always practiced it, it is a good reminder with merit that by pushing forward and growing my skills, I am able to achieve great thinks.