

## Mindset Reflection

I got a 35 on the mindset quiz (“growth mindset but with some fixed ideas”), which was kind of surprising. In my opinion, I have more of a fixed mindset than the quiz indicated. I didn’t really think the questions they asked were very good, though. They mostly asked about theoretical beliefs and didn’t make it as personal, and I feel like they should have asked more questions about what I believe about myself instead of what I believe about people in general. But in theory, I do believe and know that people can change behaviorally, and scientifically there’s clear evidence that people’s brains can also change and become more flexible and create new pathways so they become better at things. But I also still firmly hold beliefs that talent is very real, and if people with talent actually do choose to work hard, there’s essentially no way to catch up. I also have experience being the one with a less talent who works extremely hard competing with someone who hardly works at all and admits it, and still “losing” against them every single time. So I definitely believe in talent and natural advantages/disadvantages; after all, that is what makes us unique and different from each other as humans. But yes, I think that no matter where we are, we can get better. Some people will never be “good enough” to do certain things, though, in my opinion.

I don’t think the video or quiz changed my perspective that much, although the video did worry me slightly because it focuses so much on children, as well as the role of the educators and parents. That’s concerning because if you don’t learn it as a child, can you still learn it later when your brain isn’t as moldable? The educator part just worries me because if none of my mentors, parents, or teachers teach me that way, can I still learn it on my own? It seems like the kid she talked about did that, but that sort of brings us back to the problem of being a child again. Deep down I think it is possible, but it’s much harder without the advantage of youth and mentorship, perhaps hard enough to be nearly impossible.

Perhaps with this reminder I can try to start small and change the way I say things just by saying “yet.” I’m skeptical that it will invoke any lasting change, but I’m willing to try and be mindful of it moving forward.

**Your Mindset Score is 35 What the Scores Mean:**

**45-60 YOUR RESULTS SUGGEST A STRONG GROWTH MINDSET.**

**34-44 YOUR RESULTS SUGGEST A GROWTH MINDSET BUT WITH SOME FIXED IDEAS.**

**21-33 YOUR RESULTS SUGGEST A FIXED MINDSET, BUT WITH SOME GROWTH IDEAS.**

**0-20 YOUR RESULTS SUGGEST A STRONG FIXED MINDSET.**