



Fixed Vs. Growth Mindset

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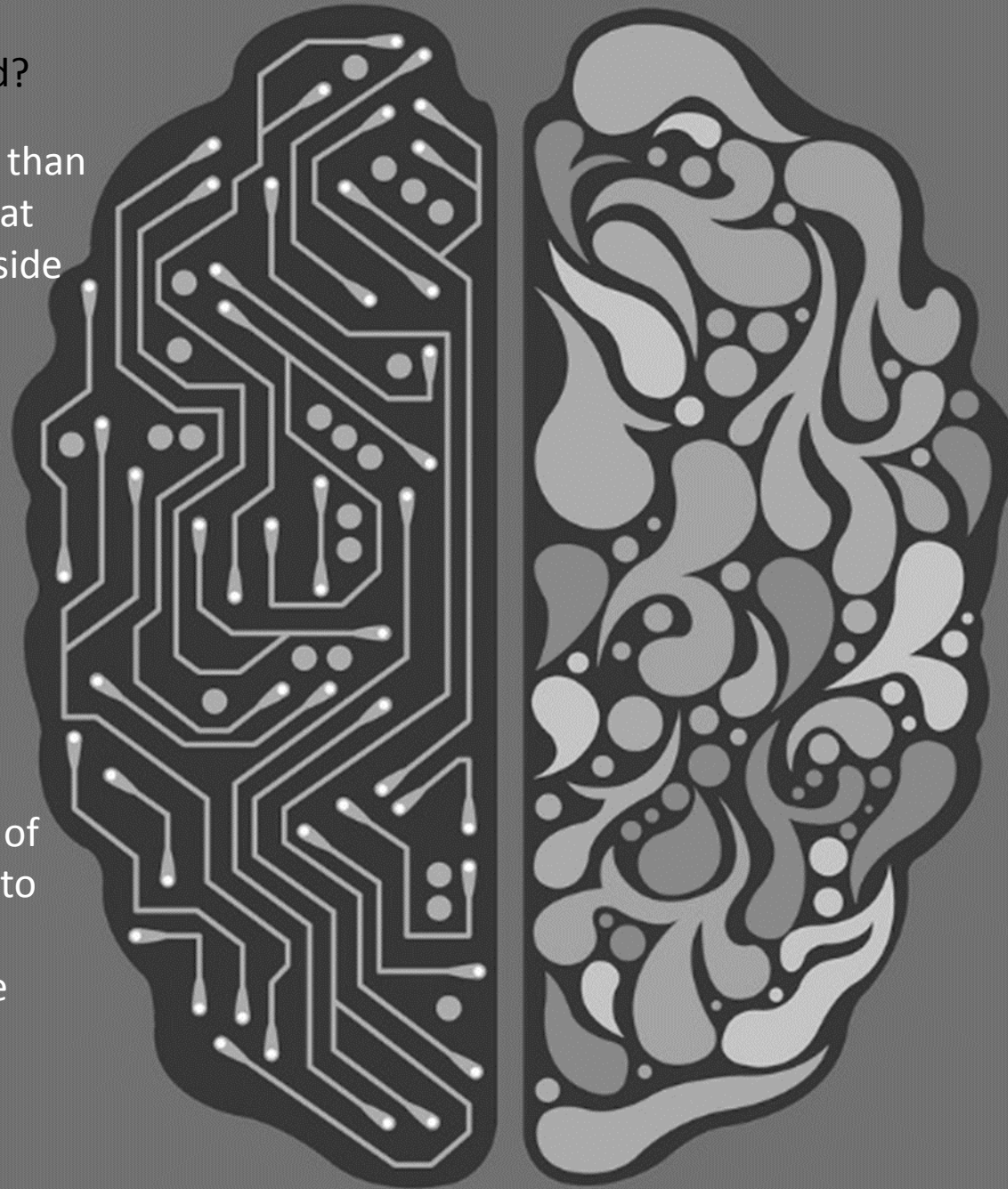


How do you see the world?

Is life nothing more than a series of things that happen to you, outside of your control?

Do human beings have the power to change themselves and the world around them?

Or, are we nothing more than the sum of our parts, destined to walk down certain roads from the time we are born?

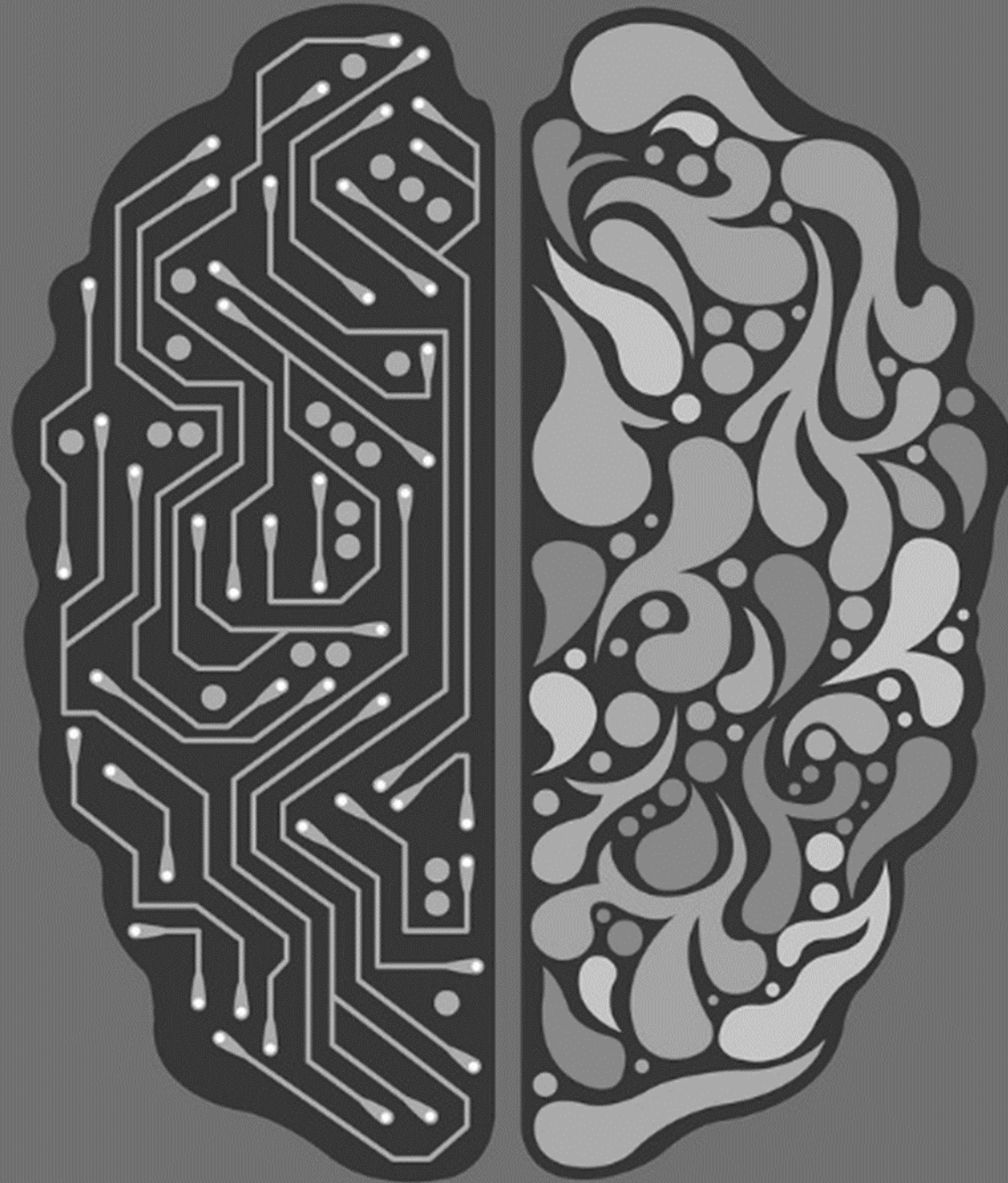


How you answer these questions is less a matter of fact and more a matter of mindset.

By nature, it is the way we think that largely determines how we see events in our lives and what we take from those experiences.

This is why two people, living in the exact same conditions, with identical social circumstances, can grow into entirely different individuals. How they view their respective lives is the key to how they live them.

A Fixed Mindset is fossilized and unchanging. It believes the successes/limitations for everything in a human being (from internal things, like intelligence and humor, to external practices, like academic success/failure or various types of social engagement) are locked, and unchanged by external efforts. Basically, things are the way they are, and cannot truly be changed.



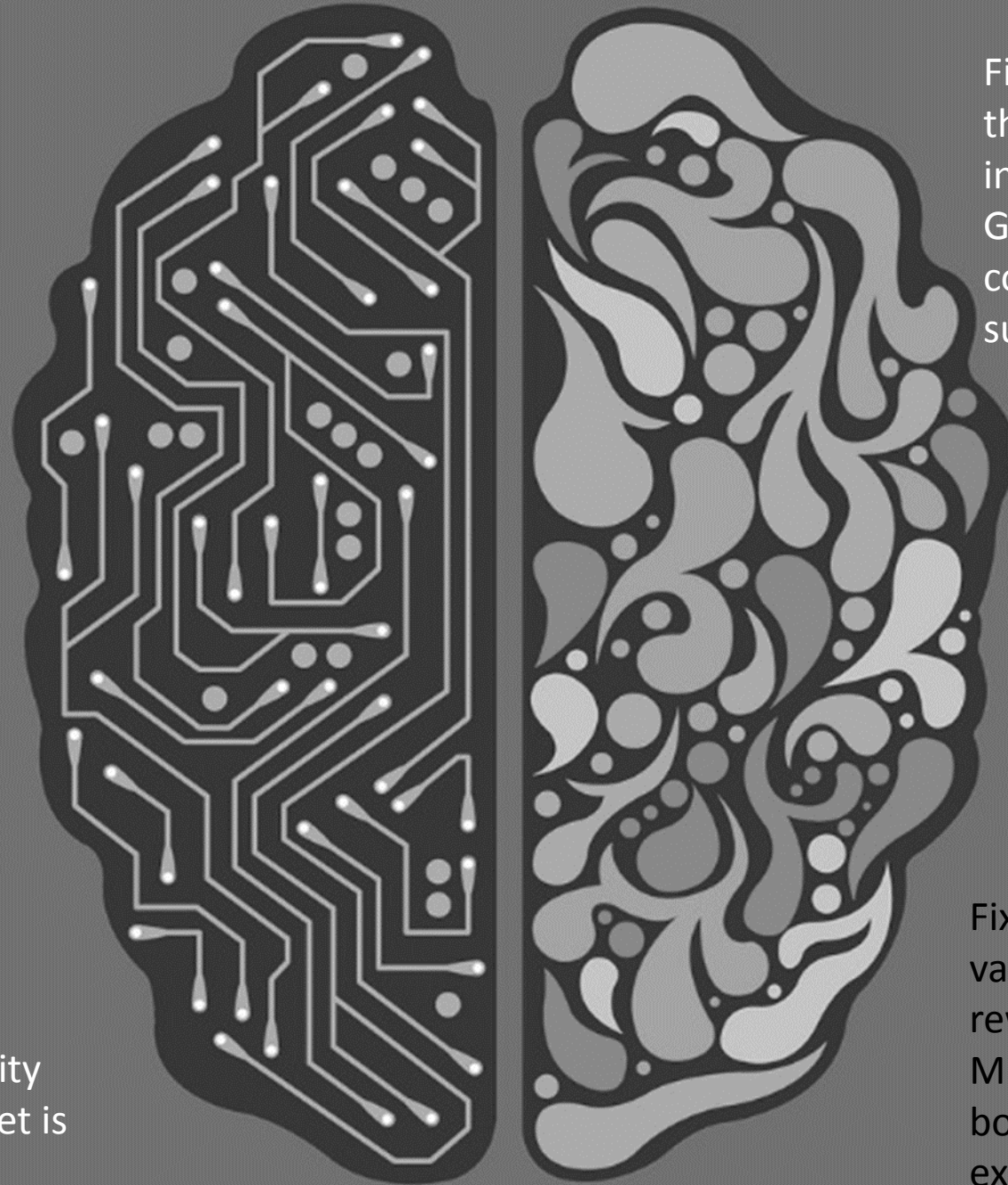
Growth Mindset sees the world as a set of expansive experiences that allow human beings to grow and evolve based on the knowledge they acquire and implement. In this mindset, all things are analyzed and filtered in order to gain information that can be applied to growth. All circumstances are seen as changeable.

Fixed mindset questions if success is possible, while growth mindset knows it's possible and seeks avenues to achieve it.

Fixed mindset judges the success of a task based on the outcome, whereas growth mindset can see success in the process.

Growth Mindset sees errors as opportunities to learn, but Fixed Mindset sees those errors as failure.

Growth Mindset sees uncertainty as an opportunity and challenge; Fixed Mindset is threatened by it.



Fixed mindset focuses on the external appearance of intellect and success, while Growth Mindset is concerned with the internal substance of those things.

Fixed Mindset likes to be validated; Growth Mindset likes to be assessed.

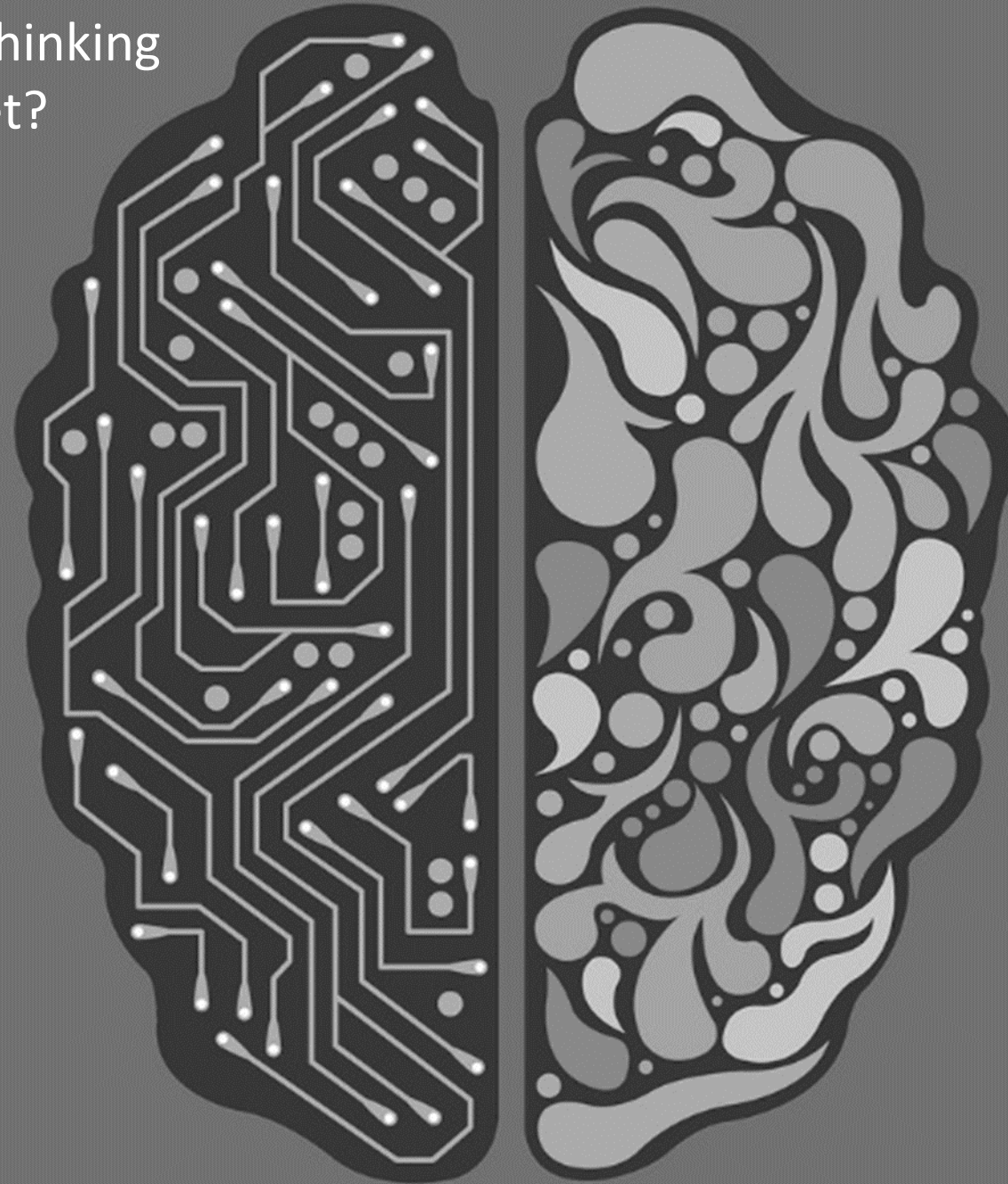
Fixed Mindset is often rigid where Growth Mindset is flexible.

Fixed Mindset is only validated with external rewards, whereas Growth Mindset can be validated both internally and externally.

How does Critical Thinking impact mindset?

Critical Thinking has a very interesting relationship with mindset.

It can be used to shift an individual from Fixed to Growth, but only if a person is minimally open to the ideas being presented.



Shifting into Growth will impact how a person views:

- Social Justice Issues
- Personal Challenges
- Belief Systems
- Environmental Challenges

And so much more!

Reflection Assignment: In no less than 750 words, honestly reflect on the current state of your own mindset. Are you embarking on this course believing that life (and your own thoughts and beliefs) are completely fixed and unchangeable, or are you open to the possibility that there are varying perspectives and approaches to life, with innumerable options as their possible outcome? Explain your perspective thoroughly.