



# Mindset: The New Psychology of Success

research by Carol Dweck

Fixed Mindset	Growth Mindset
<b>Intelligence is static</b>	<b>Intelligence can be developed</b>
Leads to a desire to <i>look smart</i> and therefore a tendency to:	Leads to a desire to <i>learn</i> and therefore a tendency to:
<ul style="list-style-type: none"><li>• avoid challenges</li></ul>	<ul style="list-style-type: none"><li>• embrace challenge</li></ul>
<ul style="list-style-type: none"><li>• give up easily due to obstacles</li></ul>	<ul style="list-style-type: none"><li>• persist in face of obstacles</li></ul>
<ul style="list-style-type: none"><li>• see effort as fruitless</li></ul>	<ul style="list-style-type: none"><li>• see effort as path to mastery</li></ul>
<ul style="list-style-type: none"><li>• ignore useful feedback</li></ul>	<ul style="list-style-type: none"><li>• learn from criticism</li></ul>
<ul style="list-style-type: none"><li>• be threatened by others' success</li></ul>	<ul style="list-style-type: none"><li>• be inspired by others' success</li></ul>