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Fixed Versus Growth Mindset

There are two main beliefs about intelligence, abilities and resilience: growth and fixed.

A **fixed mindset** is the belief that intelligence and talent is fixed and innate. You are either born with it or not. People are viewed as competition rather than inspiration. Fear of failure.

A **growth mindset** is that belief that intelligence and talent can be developed and improved through effort and dedication. Individuals with a growth mindset view obstacles as opportunities to grow and learn.

“As scientific evidence shows, your intelligence, talents, and abilities don't necessarily stop growing once you reach adulthood. Research on brain plasticity has shown how connectivity between neurons can change with experience. With practice, neural networks grow new connections, strengthen existing ones, and build insulation that speeds transmission of impulses. These neuroscientific discoveries have shown us that we can increase our neural growth by the actions we take, such as using good strategies, asking questions, practicing, and following good nutrition and sleep habits.” (Dr. Carol Deweck)

https://youtu.be/KUWn_TJTrnU

