



About Mindsets

Professor Carol Dweck, the world-renowned psychologist at Stanford University, spent over 30 years researching into beliefs about intelligence. Dweck's research indicates that mindset has significant effects on behaviour and performance especially in the face of adversity and challenge. Dweck believes that mindset can impact all areas of an individual's life, from academic success to personal and professional choices.

What is a Growth Mindset?

In a growth mindset, children believe that their abilities and skills can be developed and improved through practice and hard work.



This approach encourages a love of learning and the ability to overcome difficulties.



What is a Fixed Mindset?

In a fixed mindset, children think their ability, talent and intelligence are fixed – you either have it or you don't.



A fixed mindset leads to a belief that talent, without effort, leads to success – for example, you are born a footballer or a singer.

