

## Bobcat Breakthroughs

### Fixed vs. Growth Mindset Language

**FIXED MINDSET:** Continuing to go what you’ve been doing, even when it doesn’t work.

- How a fixed mindset responds to challenges:
  - Blaming
  - Making excuses
  - Complaining
  - Repeating ineffective behaviors

**GROWTH MINDSET:** Changing your beliefs and behaviors to create better results.

- How a growth mindset responds to challenges:
  - Considering options and resources
  - Seeking solutions
  - Taking action
  - Identifying people who can you help improve the situation

Fixed Mindset		Growth Mindset
1. Something you’re born with 2. It’s not possible to develop new skills	<b>Skills</b>	1. Come from hard work 2. Can always improve
1. Something to avoid 2. Could expose lack of skill 3. Tend to give up easily	<b>Challenges</b>	1. Something to be embraced 2. An opportunity to grow 3. More persistent
1. Unnecessary 2. Something you do when you feel you’re not good enough	<b>Effort</b>	1. Essential 2. A path to success and growth
1. Get defensive 2. Take it personally	<b>Feedback</b>	1. Useful 2. Something to learn from 3. Identify areas to improve
1. Blame others 2. Become discouraged	<b>Setbacks</b>	1. Use as motivation to learn 2. Commit to trying again

### Fixed vs. Growth Mindset Activity

Change the fixed mindset language into that of a growth mindset. Keep in mind the ways that a growth mindset responds to challenges.

1a. Fixed mindset: What if I fail? That means *I'm* a failure.

1b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_

2a. Fixed mindset: I'm not sure I can do this. I just don't have the talent.

2b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_

3a. Fixed mindset: If I don't try, I can protect myself from failure.

3b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_

4a. Fixed mindset: This class would be so much easier if I were good at math.

4b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_

5a. Fixed mindset: It's not my fault I'm on academic probation. The professor talked fast, and it was too hard to keep up.

5b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_

6a. Fixed mindset: I would be doing a lot better in POLS if the material were interesting.

6b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_

7a. Fixed mindset: I would have more friends if people liked the same things I do.

7b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_

8a. Fixed mindset: I can't keep my notes organized.

8b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_

9a. Fixed mindset: I'll never have my dream job.

9b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_

10a. Fixed mindset: I'm a procrastinator. That's just the way I am.

10b. Growth mindset: \_\_\_\_\_  
\_\_\_\_\_