

Fixed and Growth Mindsets!

A growth mindset means believing you can get better at something with practice and effort. A fixed mindset means thinking you're either good at something or not, and you can't change it. Here's some examples below!

FIXED MINDSET

I can't do this.

I'll never get this.

I'm just bad at math.

This is too hard.

GROWTH MINDSET

I can do this with effort.

I can get better with practice.

I can learn from mistakes.

This is challenging, but I'll keep trying.