

# DEVELOPING A GROWTH MINDSET


Learn to look at your struggles as opportunities for growth and improvement.

## GROWTH MINDSET

Originally coined by Dr. Carol Dweck, a “growth mindset” is the belief that your skills and abilities can be developed in small steps, and that your intelligence is not fixed but malleable. Your intelligence can grow with practice!

## FIXED MINDSET

A fixed mindset is the belief that your skills and abilities are limited and there is a ceiling to your development—there’s only so far you can go with the intelligence that you have.



Adopting a growth mindset requires a shift in thinking and restructuring the way you interpret your setbacks or temporary failures. Below are some resources to get you started.

### “The Power of Believing That You Can Improve”

TED Talk by Carol Dweck

[tinyurl.com/css-growth-mindset](https://tinyurl.com/css-growth-mindset)

### What Is a Growth Mindset and How Can You Develop One?

[tinyurl.com/css-develop-growth-mindset](https://tinyurl.com/css-develop-growth-mindset)

### How to Develop a Growth Mindset: 10 Strategies to Success

[tinyurl.com/css-10-strategies](https://tinyurl.com/css-10-strategies)

