

Mindset

Psychology



**ASSIGN
BUSTER**

Mindset al affiliation Mindset Having a fixed mindset at school may both have advantages and disadvantages. One of the major disadvantages is the fact that it is hard to improve on my academics. I find myself being outperformed by those that have growth mindsets. I often find myself less motivated whenever I try to comprehend something that I do not understand. However, this does not, mean am a failure in academics. I learn from my mistakes which is the most important a learner should do (Dweck, 2006). Whenever I fail in my exams, I try as much as possible to work hard for the coming examinations so as to improve my grades. However, at times I also give up and think that some of the things that we learn in class are just beyond me. Especially when tackling subjects like mathematics.

Having a fixed mindset in physical activities has affected my work ethic and response to failure. I find myself at times not willing to learn new things in the field. However, having a fixed mindset has also helped me set clear goals that I usually make sure I achieve. Whenever, I am unable to achieve my set goals, I work harder and train vigorously to ensure that I meet my goals.

Having a fixed mindset affects my response to failure. Sometimes I think that I simply cannot complete a specified task, and I give up. This is one of the biggest problems of having a fixed mindset. I hope to change my mindset in the future to avoid this.

Reference

Dweck, C. S. (2006). Mindset the new psychology of success. New York: Random House.