

# Growth mindset essay sample

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Can the growth mindset help people fulfill their potential more effectively than the fixed mindset? Dweck argues that the growth mindset will allow a person to live a less stressful and more successful life. When, in a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. Dweck mentions how effectively the growth mindset can be, than a fixed mindset. When using the growth mindset, a person can be more successful in education because the growth mindset can help people fulfill their potential more effectively than the fixed mindset. Certainly, by thoughts of wanting challenges, being praised by others, and avoiding bad relationships. By using the growth mindset, one can be successful in education by thoughts of wanting challenges. For your understanding, a praise must be based on what can be accomplished through practice, study, persistence and good strategies. We inadvertently praise many talent based skills.

We need to focus praise on the process of learning. Note “ We can praise as much as we want for the growth process what they accomplished through practice, study, persistence, and good strategies. And we can ask them about their work in a way that admires and appreciates their efforts and choices” (177). Confidence is developed through positive experiences, not mindless praise. By praising with the process involved with learning, students will crave more. They will also look at their work more objectively and set higher expectations for themselves. In fact students will not risk failure until you prove to them you are not in the judgment game. For example in order to inspire, you first have to show the students that you are interested in their personal development. You are more concerned with

where they are going to be rather than where they are at right now. Your dialog, and feedback to seemingly innocent student's inquiries all convey to the students how much you are willing to invest in them. You must walk the walk of a growth mindset.

Standards must be set and kept high. Support and guidance towards those standards must be each day's objective. Providing open-ended tasks without ceilings allow students to experience what it takes to create a good product. After establishing a nurturing environment, one must not be afraid to challenge a student to grow from where he/she is at. Growth comes through hard work. Great teachers believe in the growth of the intellect and talent, and they are fascinated with the process of learning. "Success is not coming to you. You must come to it" (194) a successful day would be where you put your students in a frame of mind where they can do their very best. The goal is to activate within each child, the desire to reach his/hers ultimate potential. Teaching kids to recognize and celebrate little victories along the way. We live in an instant gratification world and kids are programmed to think right now is the way to accomplish things.

Dispelling the notion of being successful quickly is the intended goal in learning is a must. Almost everyone, at one time or another, has been in love and has been hurt. People with a fixed mindset feel judged and labeled by rejection. Their number one goal tends to be revenge. People with growth mindsets are more likely to forgive and move on. They do not feel permanently branded. They try to learn something useful about themselves and relationships that they can use in order to have a better experience the next time. When it comes to developing lasting relationships, people with the <https://assignbuster.com/growth-mindset-essay-sample/>

growth mindset recognize that everything takes work even relationships. Dweck states, “ To me the whole point of marriage is to encourage your partner’s development and have them encourage yours.” Partners who help each other “ reach their own goals and fulfill their potential. This is the growth mindset in action (160).

For example your partner can help you overcome obstacles. You understand each other’s weakness and you help correct and cover them. The same concepts apply to other relationships like those between parents and children and between friends. As you can see the growth mindset helps people fulfill their potential more effectively than the fixed mindset. As I mentioned before, a person can be more successful in education, through the growth mindset. In order for that to happen one must want challenges and it wouldn’t be bad to praise for some learning. as a person praise learning they will want more of the learning challenges. They believe that effort is the key to growth and conclude that each individual’s potential can only be discovered and reached through dedication, passion, love and training.