

Fixed vs Growth Mindset: A Rough Draft

There are two main frames of mind in the world: a fixed mindset, and a growth mindset. Those with a fixed mindset tend to think that any basic characteristics about someone are unchangeable, such as intelligence or memory. A growth mindset, however, is one that accepts challenges and failures because they're viewed as ways to grow and learn. I've always considered myself to have more of a growth mindset, but after actually learning about them, I've discovered that I have actually had more of a fixed mindset. This is something I'll be working on throughout this course to change.

I've always considered myself more of a creative, positive type of person. I thought this was an indicator that my mindset was a growth mindset. However, these two types of people are not the same. To be in a growth mindset, you have to accept failures and learn from them, but that doesn't mean you're happy about it, and just because you're creative doesn't mean you accept constructive criticism. These are the mistakes I've been making; misidentifying characteristics of a growth mindset.

One thing that comes to mind that shows how obvious my mindset has been, is in any literature classes that I've had. I have never thought that I've been particularly good at writing essays, and that no matter how hard I tried, they would never improve. But now I can recognize that mindset is extremely destructive to a creative mind, one that I've claimed to have. In order to leave this mindset and learn to think with a growth mindset, I'm going to stop thinking this way, and simply accept feedback from teachers/peers/anyone who reads my essays, and work on improving them any chance I get.

Some strategies I'm going to try to help improve right off the bat are:

1. Freewriting, or just writing on a topic anything and everything that comes to mind, then go back later and take out what doesn't make sense, or is irrelevant to the topic.
2. Clustering. This is simply writing down short phrases, but together in groups of similar things (or however you want to organize it), and keeping things separated for easier studying.
3. One last method is Brainstorming. This is literally what it sounds like, and that's just focusing on thinking of ideas, whether alone or with someone, and using whatever sounds good.

I believe these strategies will help me in the future to improve on my skills as a writer, and result in better essays, papers, or whatever they are. This mindset isn't fixed to writing papers, but I believe that throughout the course, this will be the most important thing to focus on. In general, fixed mindsets result in the same, if not decreasing results for the same actions (taking tests, practicing sports, ect.), while those with growth mindsets almost always improve at what they do. I very much want to do nothing but improve in this class, so I will be starting to use that growth mindset, and work hard to do well.