Mindset Visuals

<table>
<thead>
<tr>
<th>Fixed Mindset</th>
<th>Growth Mindset</th>
</tr>
</thead>
<tbody>
<tr>
<td>Response to:</td>
<td></td>
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<tr>
<td>Challenge</td>
<td></td>
</tr>
<tr>
<td>&quot;This is too hard...&quot;</td>
<td>&quot;Let’s do this!&quot;</td>
</tr>
<tr>
<td>Adversity</td>
<td></td>
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<tr>
<td>&quot;This is rigged...&quot;</td>
<td>&quot;How can I solve this?&quot;</td>
</tr>
<tr>
<td>Effort</td>
<td></td>
</tr>
<tr>
<td>&quot;Waste of time...&quot;</td>
<td>&quot;Time to work hard&quot;</td>
</tr>
<tr>
<td>Criticism</td>
<td></td>
</tr>
<tr>
<td>&quot;How dare you?!&quot;</td>
<td>&quot;There’s how I can improve&quot;</td>
</tr>
<tr>
<td>Other’s Success</td>
<td></td>
</tr>
<tr>
<td>&quot;Me, they only...&quot;</td>
<td>&quot;Wow!! Incredible!&quot;</td>
</tr>
</tbody>
</table>

### Mindsets

- **Fixed**: Avoid challenges, face failure, work hard, show improvement.
- **Growth**: Embrace challenges, find failures as learning opportunities, work hard, show improvement.

### Comparing Mindsets

#### Low Performer
- Legacy of Failure
- Sees Goals as Unattainable
- Sees Effort as Pointless

#### Apathetic Underachiever
- Unfamiliar with Failure
- Unwilling to Reach for Goals
- Sees Lack of Effort as Protection

#### High-Achieving Perfectionist
- Terrified of Failure
- Sets Own Goals with Low Risk
- Sees Effort as an Insult

#### Common Characteristics of the Fixed Mindset
- Utilize the majority of their energy to protect their perceptions
- Avoid challenges and risk
- Influenced highly by societal labels
- Never admit fault, blame or inadequacy

### Online Publications

#### TED Talks
- TEDx Plano 2014; “Let’s Teach our Kids to ‘Fail Forward’” - June 2014; [https://www.youtube.com/watch?v=lJs-RiPOKVY](https://www.youtube.com/watch?v=lJs-RiPOKVY)
- TEDx Plano 2016; “How Social Media Can Explain American Politics and Education” - April 2016; [https://www.youtube.com/watch?v=r74q5fqxIXs](https://www.youtube.com/watch?v=r74q5fqxIXs)

#### Vaccine Video

#### Publications
- November 2015 Edutopia.org; “5 Epiphanies for Reaching the Unreachable Learner”- [https://www.edutopia.org/discussion/5-epiphanies-reaching-unreachable-learner](https://www.edutopia.org/discussion/5-epiphanies-reaching-unreachable-learner)