Mindset

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*Stanford researcher Carol Dweck has been studying motivation and perseverance since the 1960s. And she found that children fall into one of two categories:*

* *Those with a fixed mindset, who believe their successes are a result of their innate talent or smarts*
* *Those with a growth mindset, who believe their successes are a result of their hard work*

***Fixed mindset: 'If you have to work hard, you don't have ability.'***

*Kids with a fixed mindset believe that you are stuck with however much intelligence you're born with. They would agree with this statement: "If you have to work hard, you don't have ability. If you have ability, things come naturally to you." When they fail, these kids feel trapped. They start thinking they must not be as talented or smart as everyone's been telling them. They avoid challenges, fearful that they won't look smart.*

***Growth mindset: 'The more you challenge yourself, the smarter you become'*** *Kids with a growth mindset believe that intelligence can be cultivated: the more learning you do, the smarter you become. These kids understand that even geniuses must work hard. When they suffer a setback, they believe they can improve by putting in more time and effort. They value learning over looking smart. They persevere through difficult tasks.*

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“Of all the subjects on earth, people think math is the most fixed,” Dweck said. “It’s a gift, you either have it or you don’t. And that it’s most indicative of your intelligence.”

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“What happens to your brain, when it gets to think about something hard?”

 “It gets bigger, like a muscle.”

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*The message: The brain is like a muscle. The more you use it, the stronger it gets. The way you exercise your brain is by embracing challenges, practicing skills, learning new things. As Khan puts it, "the brain grows most by getting questions wrong, not right."*

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