Growth Mindset vs. Fixed Mindset

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| **Indicate in which ways these mindsets are growth and/or fixed mindsets.** | **Growth Mindset** | **Fixed Mindset** | **Indicate what each person can do to embrace a Growth Mindset** |
| Rosie: I decided to build a website for my family's restaurant. I'm not super technical, but I thought I could figure things out. I couldn't. I chose one web builder based on a friend's suggestion, but once I downloaded it, I could not figure it out. |  |  |  |
| Ben: After college, I got a job, got married, and we had a baby. I've put on a few pounds because most of my new roles involve sitting at a desk, at a table, or at a couch. So I decided to get fit. I read good things about running so I decided to try that. Five minutes in, and I quit. It hurt. |  |  |  |
| Lilly: After a recent trip to the ocean, I decided I wanted to be a marine biologist. Some Google searching revealed the best college programs for marine biology, and I'm determined to get into one. The thing is, I'm not very good at science. I usually end up zoning out, and sometimes I copy off my lab partner. |  |  |  |