# Growth Mindset

eslvideo.com Quiz by: delaneym

**1. What is the main topic of the transcript?**

- ○ a.) Growth Mindset
- ○ b.) Fixed Mindset
- ○ c.) Learning Techniques

**2. What does a growth mindset encourage?**

- ○ a.) Avoiding challenges
- ○ b.) Embracing challenges
- ○ c.) Giving up easily

**3. How does a growth mindset view failure?**

- ○ a.) As a setback
- ○ b.) As a learning opportunity
- ○ c.) As a reason to quit

**4. What is one benefit of having a growth mindset?**

- ○ a.) Increased intelligence
- ○ b.) Greater resilience
- ○ c.) Less effort needed

**5. Who is often associated with the concept of growth mindset?**

- ○ a.) Albert Einstein
- ○ b.) Carol Dweck
- ○ c.) Sigmund Freud

**6. What is a fixed mindset?**

- ○ a.) Believing abilities can be developed
- ○ b.) Believing abilities are static
- ○ c.) Believing in hard work

**7. How can someone develop a growth mindset?**

- ○ a.) By avoiding challenges
- ○ b.) By seeking feedback
- ○ c.) By staying in their comfort zone

**8. What is one way to encourage a growth mindset in others?**

- ○ a.) Praise intelligence
- ○ b.) Encourage effort
- ○ c.) Discourage mistakes

**9. What does the growth mindset help with?**

- ○ a.) Achieving goals
- ○ b.) Avoiding risks
- ○ c.) Staying the same

**10. What is the opposite of a growth mindset?**

- ○ a.) A learning mindset
- ○ b.) A fixed mindset
- ○ c.) A positive mindset

## Transcript

Growth Mindset

A growth mindset is the belief that abilities and intelligence can be developed through dedication and hard work. This perspective creates a love for learning and resilience that is essential for great accomplishment.

In contrast, a fixed mindset is the belief that abilities are static and cannot change. People with a fixed mindset may avoid challenges and give up easily when faced with obstacles.

Having a growth mindset encourages individuals to embrace challenges, learn from feedback, and see failure as a learning opportunity. This mindset can lead to greater resilience and achievement in various aspects of life.

Carol Dweck, a psychologist, is often associated with the concept of growth mindset. She emphasizes the importance of praising effort rather than intelligence to foster a growth mindset in others.

In summary, a growth mindset helps individuals achieve their goals and encourages continuous improvement, while a fixed mindset can limit potential and growth.