Mindset: the new psychology of success
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Chris’ executive summary:

There are two mindsets people have- growth or fixed- which affect their
world view in many areas of their lives- parenting, business, school, and
relationships. These mindsets are taught to us throughout our lives. One allows us
growth, one inhibits us. The growth mindset believes that we have the ability to
learn skills and improve through our effort and hardwork- in our intellect, in our
parenting skills, in our business acumen, in sports, etc. The fixed mindset believes
these things are natural talents, fixed abilities, etc. and therefore our effort will not
change these things. We may have different mindsets in different parts of our lives.
To the extent that we develop the growth mindset in more portions of our lives, we
will find more success.

Quotes/Paraphrases (italics are hers):

6- Believing your qualities are carved in stone-the fixed mindset- creates an urgency
to prove yourself over and over.
7- The growth mindset is based on the belief that your basic qualities are things you
can cultivate through your efforts. The hand you’re dealt with is just the starting
point for development. The passion for stretching yourself and sticking to it, even
when it’s not going well, is the hallmark of the growth mindset.
11- Self-insight- who has the accurate views of their assets and limitations? It was
those with the fixed mindset who accounted for almost all the inaccuracy. These
people are terrible at estimating their abilities.
12-13 Do you believe that intelligence is something very basic about you that you
can’t change very much? Do you believe you can learn new things, but cannot
change how intelligent you are? Do you believe you are a certain kind of person and
not much can be done to change that?
16- In one world (fixed mindset) effort is a bad thing. It, like failure, means you’re
not smart or talented. If you were, you wouldn’t need effort. In the other world
(growth mindset), effort is what makes you smart or talented.
22-When do people with the fixed mindset thrive? When things are safely within
their grasp. If things get too challenging- when they’re not feeling smart or talented-
they lose interest. If it wasn’t a testimony to their intelligence, they couldn’t enjoy it.
24- With the fixed mindset, it’s about being perfect right now. With the growth
mindset, it’s not about immediate perfection. It’s about learning something over
time: confronting a challenge and making progress.
26- In the fixed mindset, one test- or one evaluation-can measure you forever. They
granted one test the power to measure their most basic intelligence now & forever.
32- In the fixed mindset, having passed one rigorous test after another, they think of
themselves as special, as people who were born smarter and braver than others.
33- Failure (in a fixed mindset) is transformed from an action (I failed) to an identity
(I am a failure)
35-6- In one study, 7th graders told us how they would respond to an academic failure- a poor test grade in a new course. Those with the growth mindset, said they would study harder for the next test. But those with the fixed mindset said they would study less for the next test.

36- Another way people with a fixed mindset try to repair their self-esteem after a failure is by assigning blame or making excuses. (Think John McEnroe)

38- Students with fixed mindsets have higher levels of depression. People with the growth mindset- The more depressed people with the growth mindset felt, the more they took action to confront their problems, the more they made sure to keep up with their schoolwork, and the more they kept up with their lives.