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Mindsets

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Mindsets

Methods

Introduction

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Discussion

The concept of mindsets was developed by Carol Dweck, a Stanford University psychologist. Her vision was to help children and adults understand that they do not have a fixed amount of intelligence or a fixed amount of talent. Dweck implies that we are not born with a gene that says this is the only amount of talent and intelligence that we will ever have in our lifetime. Our talents and intelligence can be manipulated through hard work and practice. Dweck has devised two terms that are central to her mindsets concept. The first is a *fixed mindset* which is the belief that your qualities are set in stone. The second term is *growth mindset* which is the belief that your basic qualities are things you can cultivate through your efforts. The purpose of mindsets is to empower people to believe that they can accomplish anything they want with hard work and dedication. This does not end with just a belief that you can do it but also the actual act of doing it. When people are set on a goal and they take the proper steps to achieve that goal and never give up they will in the end accomplish that goal. However, it all starts with a growth mindset.

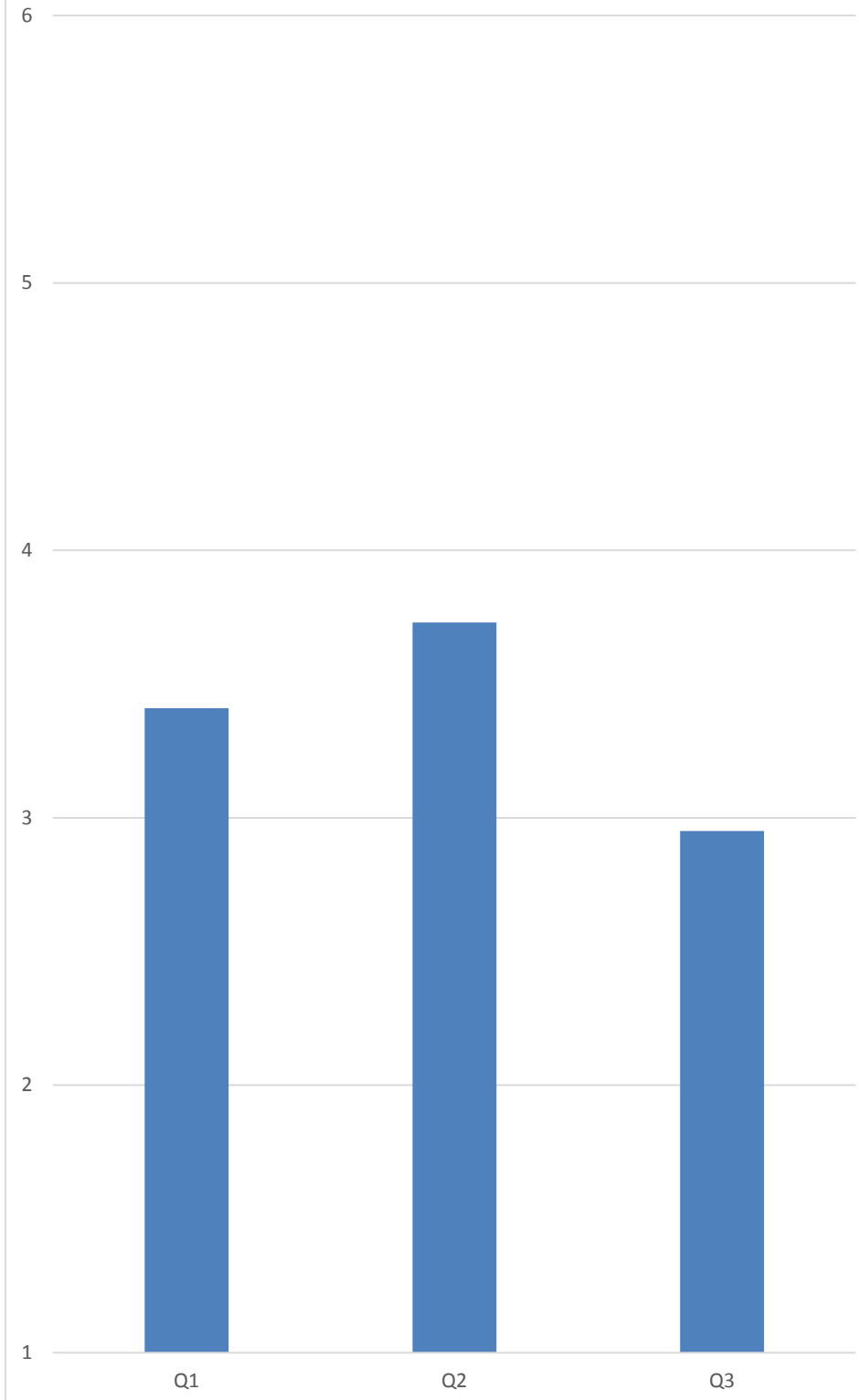
There are ways that professionals and parents can assist our children in acquiring a growth mindset. It is through our praises. We need to be careful in how we praise our children. We as professionals and parents can sometimes be doing a disservice to our children through our praises so we need to be particular in the words we use.

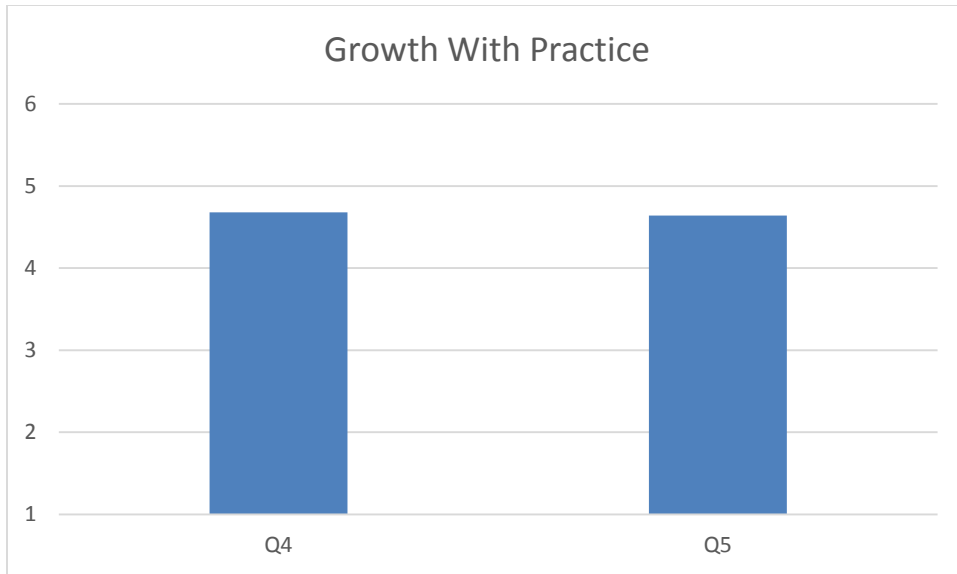
Fixed Mindset Praises:

Growth Mindset Praises:

These choices of words can do a great deal of good to our children. The main idea is for our children to embrace mistakes and failures because this is how we learn. It is ok to make a mistake and to fail at something. Just because someone fails it doesn't always mean that a child or adult is not working hard enough. It is our job as professionals to find out why they are failing and help them fix the problem. The process of fixing the problem is the act of learning. We want children and adults to learn that success occurs through failures that are fixed. And last but not least, set good examples when we talk about ourselves when we are around children. Don't be negative always be positive!

Fixed Mindset





Participants included everyone enrolled in the Communication Science and Disorders program. They were undergraduate and graduate students. 24 people responded to the survey and 1 person opted out.

It was interesting that the participants overall had a fixed mindset during the questionnaire. Once they read through the educational part and learned what mindsets are and how they reflect on students, their clinical implications were a growth mindset overall. It was rewarding to see that with education the participants changed their views.