

Domain	Growth Mindset	Fixed Mindset
Beliefs about Intelligence and Abilities	Believes that intelligence and abilities can be developed and improved through effort, learning, and practice.	Believes that intelligence and abilities are fixed traits that cannot be significantly changed or improved.
Response to Challenges	<p>Sees challenges as a chance to develop skills and expand their capabilities.</p> <p>Embraces challenges as opportunities for learning and personal growth.</p>	<p>Avoids challenges or may give up easily when faced with difficulties.</p> <p>Sees challenges as threats to their intelligence or abilities.</p>
Perseverance and Effort	<p>Values and understands the importance of putting in effort and persisting through obstacles.</p> <p>Views effort as a necessary part of the learning process and believes that hard work leads to improvement.</p>	<p>May believe that if they have to exert effort, it implies a lack of ability.</p> <p>May give up quickly if tasks become difficult, as they believe effort is fruitless.</p>
Response to Failure and Setbacks	<p>Views failure and setbacks as opportunities for learning and development.</p> <p>Embraces mistakes as part of the learning process and uses them as feedback to improve.</p>	<p>Takes failure and setbacks personally, seeing them as a reflection of their inherent lack of ability.</p> <p>May avoid challenging tasks to prevent the possibility of failure.</p>
Attitude towards Feedback and Criticism	<p>Values feedback and sees it as an opportunity for growth and improvement.</p> <p>Embraces constructive criticism and uses it to enhance their skills and performance.</p>	<p>May feel threatened by feedback and criticism, taking it personally and perceiving it as an attack on their abilities.</p> <p>Often dismisses or ignores feedback.</p>