Mindset: The New Psychology of Success, by Carol Dweck

*Discussion Guide*

**Chapter 1- The Mindsets**

* As you read through this chapter…

What surprised you? Made you feel uncomfortable? Did you agree/disagree with?

* Give an example—personal or something you have witnessed—where a fixed mindset was evident?

**Chapter 2- Inside Mindsets**

* Discuss the fixed mindset—give examples from your experience
* Discuss the growth mindset—and give examples

**Chapter 3- The truth about ability and accomplishment**

* Discuss the author’s concerns about praise and labels—do you agree? Give examples from your own experience.

**Chapter 4- Sports: the mindset of a champion**

* Would you agree that natural ability and a fixed mindset can be a curse?

**Chapter 5- Business: mindset and leadership**

* How do you see mindsets at work in our building; in our political leaders?
* How can we help create a culture of self-examination, open communication, and teamwork (growth mindset) with our staff?

**Chapter 6- Relationships: mindset in love (or not)**

* Discuss the relationship between bullying and mindset— for the victim and the perpetrator.

**Chapter 7- Parents, teachers, and coaches: where do mindsets come from?**

* Discuss the outcomes of these two statements:   
  *You have permanent traits and I’m judging them.*

*You are a developing person and I am interested in your development.*

* Give examples from your own experience that support or refute Dweck’s premise.

**Chapter 8- Changing mindsets**Quote from text:

“Mindset change is not about picking up a few pointers here and there. It’s about seeing things in a new way. When people – couples, coaches and athletes, managers and workers, parents and children, teachers and students – change to a growth mindset, they change from a *judge-and-be-judged* framework to a *learn-and-help-learn* framework. Their commitment is to growth, and growth takes plenty of time, effort and mutual support.” (244)

* How can we shift thinking/beliefs to create growth rather than fixed?