

Growth Mindset Video

DIRECTIONS: Watch the video. Answer the questions completely. Write in complete, correct sentences and paragraphs.

Student Name:



1. What does Josh Waitzkin say is the best thing that ever happened to him?

2. What do you think this quote mean?

“The moment we believe that success is determined by an ingrained level of ability, we will be brittle in the face of adversity. “

—Josh Waitzkin

3. What is the difference between a fixed mindset and a growth mindset?

4. How do people with a growth mindset handle setbacks differently than people with a fixed mindset?

5. Explain what Dr. Dweck and Dr. Mueller’s experiment with children and puzzles showed?

6. If they want kids to develop a growth mindset, how should parents and teachers praise students?

7. What do you need to say to your internal voice whenever you hear it say ‘I can’t do it’?