

# MENTAL THROW DOWN: INTELLIGENCE VS. EFFORT

## Learning Goals:

- identify as a growth or fixed mindset learner.
- list the traits of growth mindset learners.
- compare the roles of effort, intelligence and experience in learning.



**Newsflash!** How you think about **intelligence** affects your success.

Fixed Mindset students believe:

- intelligence is a **fixed** trait
- intelligence cannot be improved or expanded

Growth Mindset students believe

- intelligence can be grown
- **hard work and effort** develop intelligence

believe intelligence is genetically fixed and cannot be altered.  label themselves (and others) as “smart” or “dumb.”  believe learning and



# Let's Summarize!

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1. To be a successful student, \_\_\_\_\_ and \_\_\_\_\_ are more important than your intelligence level.
2. A \_\_\_\_\_ learner believes that people are born with a certain intellectual ability which cannot be improved or expanded upon.
3. A \_\_\_\_\_ learner believes that intelligence improves with use and challenge of the brain.
4. A recent study showed that students' IQs can rise and fall as much as \_\_\_\_\_ points, particularly in the \_\_\_\_\_ years.
5. High achieving students be careful not to fall into the high achiever trap: Don't avoid intellectual \_\_\_\_\_ for fear of failing and losing your reputation as a smart student. Don't become a \_\_\_\_\_ mindset student!