



**College of Agricultural,  
Consumer &  
Environmental Sciences**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

# FIXED & GROWTH MINDSETS

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# ACES STUDENT SUCCESS WORKSHOPS

Behaviors  
& Skills



September 7, 5:00 PM

What's Taking Up Your Time? [Slides](#)

September 14, 5:00 PM

Developing Effective Study Skills [Slides](#)

October 12, 5:00 PM

Taking Care of You: Stress Management and Wellness

**Tonight...**

*Explore who you are and what you believe that drives your behaviors.*

**CAN**

**CANNOT**



**I CAN  
FIGURE  
IT OUT**

# OBJECTIVES

- In your own words, **DEFINE** fixed and growth mindsets.
- **DETERMINE** your current mindset.
- **IDENTIFY 2 LIFE AREAS** to move from a fixed to a growth mindset.
- **DEVELOP A MANTRA** for moving from a fixed to a growth mindset.

# FIXED & GROWTH MINDSETS

“Growth Mindset vs. Fixed Mindset” (2:19 min.)



<https://www.youtube.com/watch?v=M1CHPnZfFmU>

# FIXED & GROWTH MINDSETS

“LearnStorm Growth Mindset: The Truth About Your Brain” (3:12 min.)



<https://www.youtube.com/watch?v=rf8FX2sl3gU>

**WHO** or **WHAT**  
determines our  
mindset?

# IN YOUR OWN WORDS...

Define a **FIXED** mindset.

Define a **GROWTH** mindset.



Is our  
**MINDSET**  
**CONSISTENT**  
across **ALL**

knowledge, skills, & attitudes?

# FIXED → GROWTH

- Identify **ONE AREA** of life where you currently have a fixed mindset.
- What steps are required to move from a **FIXED** to a **GROWTH** mindset?

What's your mantra?

How or when will  
your mantra be  
needed in the  
next few weeks?