

# Activity #1: Brainology (Growth Mindset) Homework

**NAME:**

Read the article and respond to following questions using complete sentences. Please be sure to address each question thoroughly and honestly.

<http://www.nais.org/Magazines-Newsletters/ISMagazine/Pages/Brainology.aspx>

1. What is a fixed mindset? What is a growth mindset? Do you feel you have a fixed or growth mindset? Do you feel your mindset changes for different situations? Please explain.

2. How do we acquire these mindsets? To answer this question, describe the experiment that Dweck and her colleagues conducted to study the role of praise in creating a fixed or growth mindset.

3. What did they discover from their experiment?

4. In the section Brainology, what does Dweck argue is the connection between a growth mindset, motivation and grades? What evidence does she give to support her argument?

5. Why do you think I asked you to read this article?