# Growth Mindset Discussion

*Help raise students’ awareness of how they receive new ideas by incorporating the following discussion into an online/hybrid course or face-to-face class:*

Watch this [five minute video on Fixed versus Growth Mindset](https://youtu.be/KUWn_TJTrnU): <https://youtu.be/KUWn_TJTrnU>

Think about the quote from Samuel Beckett in this video:

"Ever tried, ever failed, no matter. Try again, fail again, fail better."

1. What do you think "fail better" means?
2. How does "fail better" relate to developing a growth mindset?
3. Do you have a growth or fixed mindset?
4. Can you share examples that show what type of mindset you have?
5. How can we move from a fixed to a growth mindset?
6. How can a growth mindset help us learn?

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