

Growth Mindset Milestone

A **growth mindset** indicates a belief that a person can improve a skill or competency with effort and persistence. A person with a growth mindset embraces challenges, persists through obstacles, views effort as the way to grow, learns from failure and criticism and seek out inspiration in others' success. The opposite of a growth mindset is a fixed mindset.

Sub-competencies of Growth Mindset	Novice Learner (Level 1)	Intermediate Learner (Level 2)	Competent Learner (Level 3)	Exceptional Learner (Level 4)
1. Embraces Challenges <i>Embraces challenges as opportunities for learning and seeks out stretch tasks and projects</i>	RARELY embraces challenges as opportunities for learning and seeks out stretch tasks and projects	SOMETIMES embraces challenges as opportunities for learning and seeks out stretch tasks and projects	OFTEN embraces challenges as opportunities for learning and seeks out stretch tasks and projects	CONSISTENTLY embraces challenges as opportunities for learning and seeks out stretch tasks and projects
2. Effectively Navigates Obstacles <i>Persists in the face of setbacks, is not discouraged by mistakes, and views failure as a predicate to future success</i>	RARELY persists in the face of setbacks, is not discouraged by mistakes, and views failure as a predicate to future success	SOMETIMES persists in the face of setbacks, is not discouraged by mistakes, and views failure as a predicate to future success	OFTEN persists in the face of setbacks, is not discouraged by mistakes, and views failure as a predicate to future success	CONSISTENTLY persists in the face of setbacks, is not discouraged by mistakes, and views failure as a predicate to future success
3. Puts forth full effort <i>Views effort as a path to mastery and understands that talent can be developed through effort</i>	RARELY views effort as a path to mastery and understands that talent can be developed through effort	SOMETIMES views effort as a path to mastery and understands that talent can be developed through effort	OFTEN views effort as a path to mastery and understands that talent can be developed through effort	CONSISTENTLY views effort as a path to mastery and understands that talent can be developed through effort
4. Responds well to failure and feedback <i>Learns from failure and criticism and uses feedback constructively</i>	RARELY learns from failure and criticism and uses feedback constructively	SOMETIMES learns from failure and criticism and uses feedback constructively	OFTEN learns from failure and criticism and uses feedback constructively	CONSISTENTLY learns from failure and criticism and uses feedback constructively
5. Finds lessons and inspiration in the successes of others <i>Finds lessons and inspiration in the successes of others</i>	RARELY finds lessons and inspiration in the successes of others	SOMETIMES finds lessons and inspiration in the successes of others	OFTEN finds lessons and inspiration in the successes of others	CONSISTENTLY finds lessons and inspiration in the successes of others

Mindset Quiz, U. Ill. Chi., <http://homepages.math.uic.edu/~bshopley/MindsetQuiz.w.scores.pdf>

Carol Dweck: A Summary of Growth and Fixed Mindsets, <https://fs.blog/2015/03/carol-dweck-mindset/>

Carol Dweck, What Having a “Growth Mindset” Actually Means, Harv. Bus. Rev. (Jan. 13, 2016), <https://hbr.org/2016/01/what-having-a-growth-mindset-actually-means>