

24-10-2023



A VISIT TO THE WORLD

OF BOOKS

Done By/-

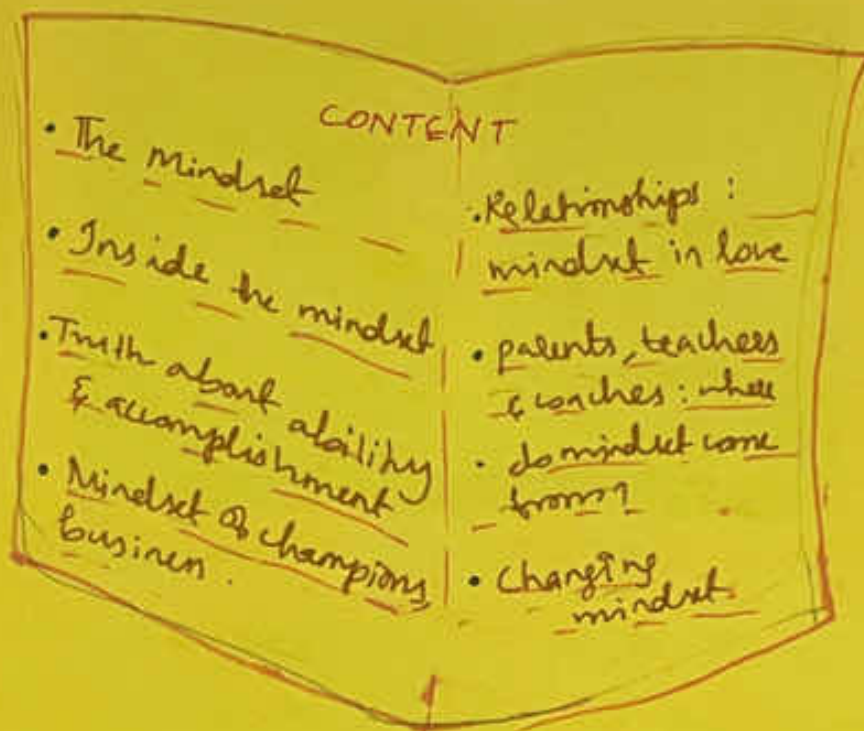
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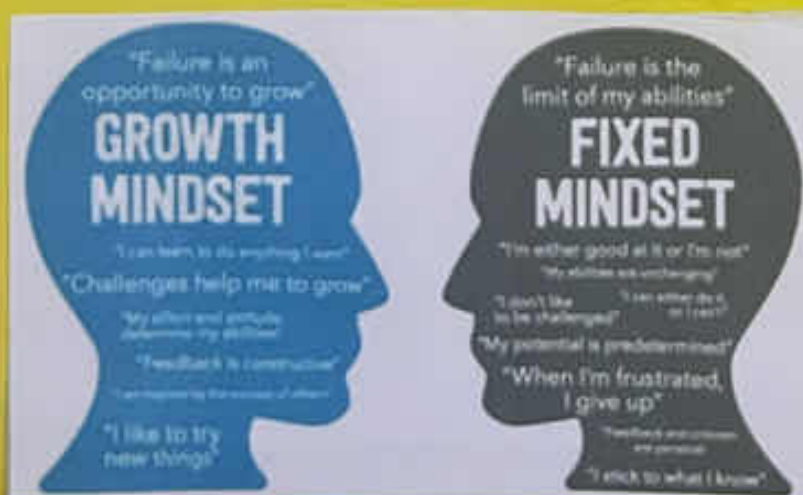


TERMS USED:

- Fixed mindset
- Growth mindset

A **Fixed Mindset** is the belief that our "intelligence is static" and we cannot reach our full potential. People with a fixed mindset try to avoid challenges. They give up easily, ignore useful feedback and feel threatened or jealous by the success of others.

Having a **Growth mindset** is the belief that our "intelligence can be developed" therefore reaching high levels of achievement. People with a great growth mindset try new things, learn from their mistakes, embrace challenges & welcome feedback.



About the Author :

Carol Susan Dweck



Carol Susan Dweck (born on 17, 1946) is an American psychologist, holds the Lewis and Virginia Eaton professorship of psychology at Stanford University. Dweck is known for her work on motivation and mindset. she was on the faculty at the university of Illinois, Harvard, and Columbia before joining the Stanford University faculty in 2004. she was named an Association for Psychological Science (APS) James McKeen Cattell Fellow in 2013, and APS Mentor Award in 2019, and an APS William James Fellow in 2020, and has been a member of the National Academy of Sciences since 2012.

About the Book:

Mindset

Changing the way you think to fulfill
your potential

- DR CAROL S. DWECK

What the Book says

- * Cultivating a growth mindset will help you to handle failures and challenges, and learn to view them as opportunities for growth.
- * Praise people for their efforts and not their abilities, this will cultivate a growth mindset allowing them to keep improving because hardwork leads to success.
- * Never stop learning, nurture your curiosity, and always keep practicing to reach your goals.

Carol Dweck done a lot of work on mindset and motivation. In her book mindset, she explains the importance of embracing a growth mindset, it will help us both improving performance and happiness over time.

The book highlights how powerful the right mindset can be and how devastating the wrong one can be. The book is filled with great examples and stories showcasing the concepts described.

Lessons I Have Learned

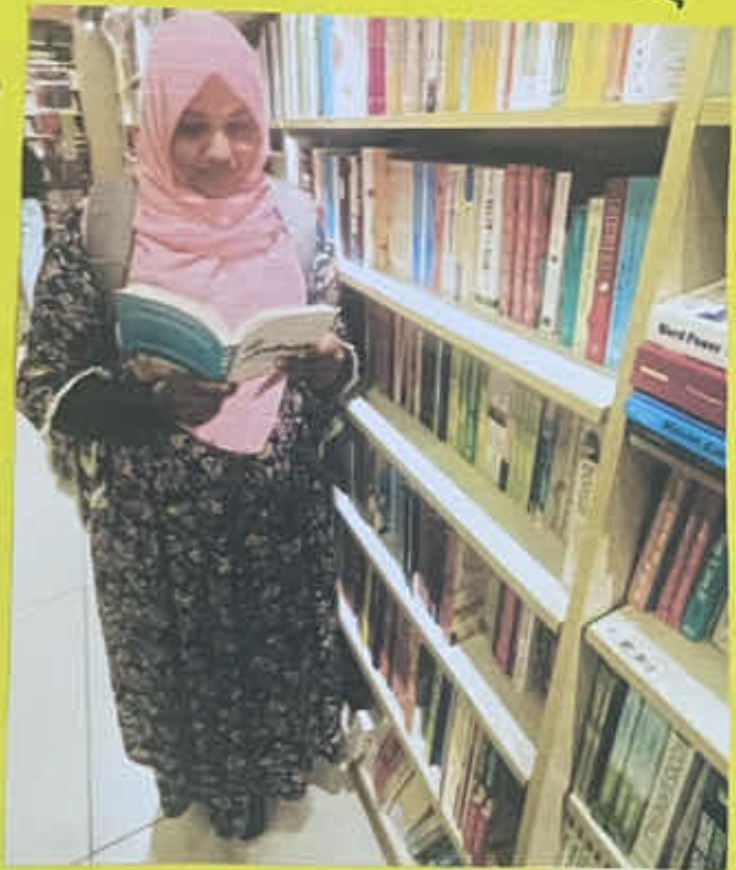
- ⇒ Importance of how we interact with kids and compliment them on their achievements.
- ⇒ Both practice and efforts should lead to success.
- ⇒ Be in environment that promote our growth and learning surely have an impact in our life.

What You Took out of the Book ?

- 1) Deliberate practice and consistent improvement will lead to more success.
- 2) Failures are an opportunity to grow learn how to handle failures and challenges.
- 3) Deepening understanding should always be the learning goal.
- 4) Leadership is about passion and growth, not brilliance.
- 5) Curiosity added studies surely leads to success.
- 6) Relationships are like life, they take work & effort.
- 7) Be mindful of how you interact with others.



WHEN
I
VISITED.....







Thank You

