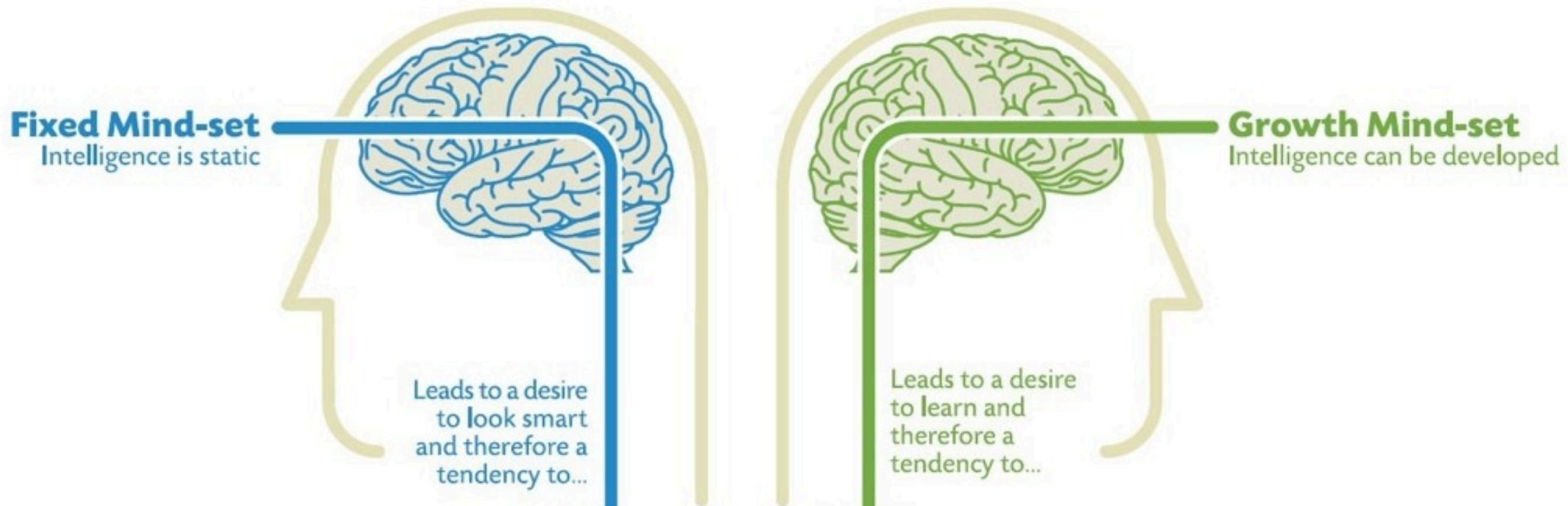


Growth Mindset and Deep Practice

the psychology and neurology of true learning

Mindsets



Mindsets

Fixed

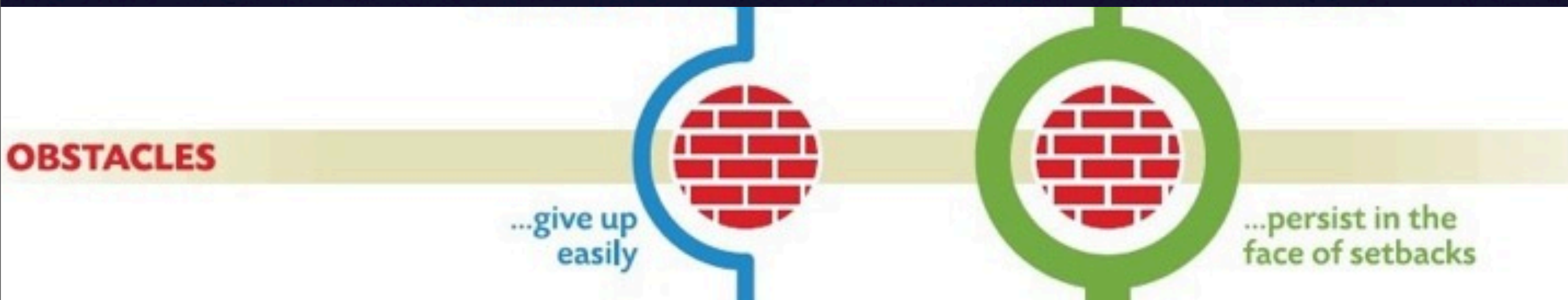
Growth



Mindsets

Fixed

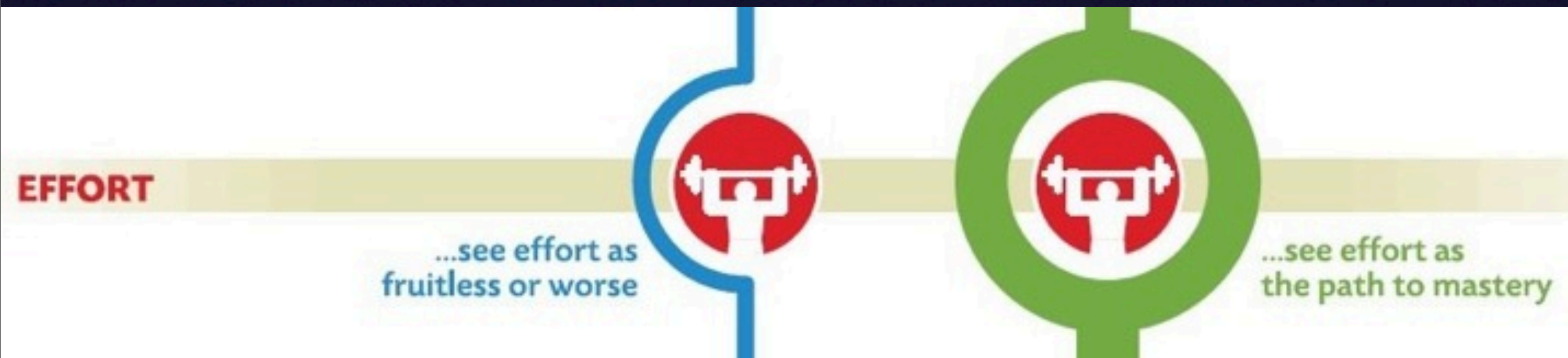
Growth



Mindsets

Fixed

Growth



Mindsets

Fixed

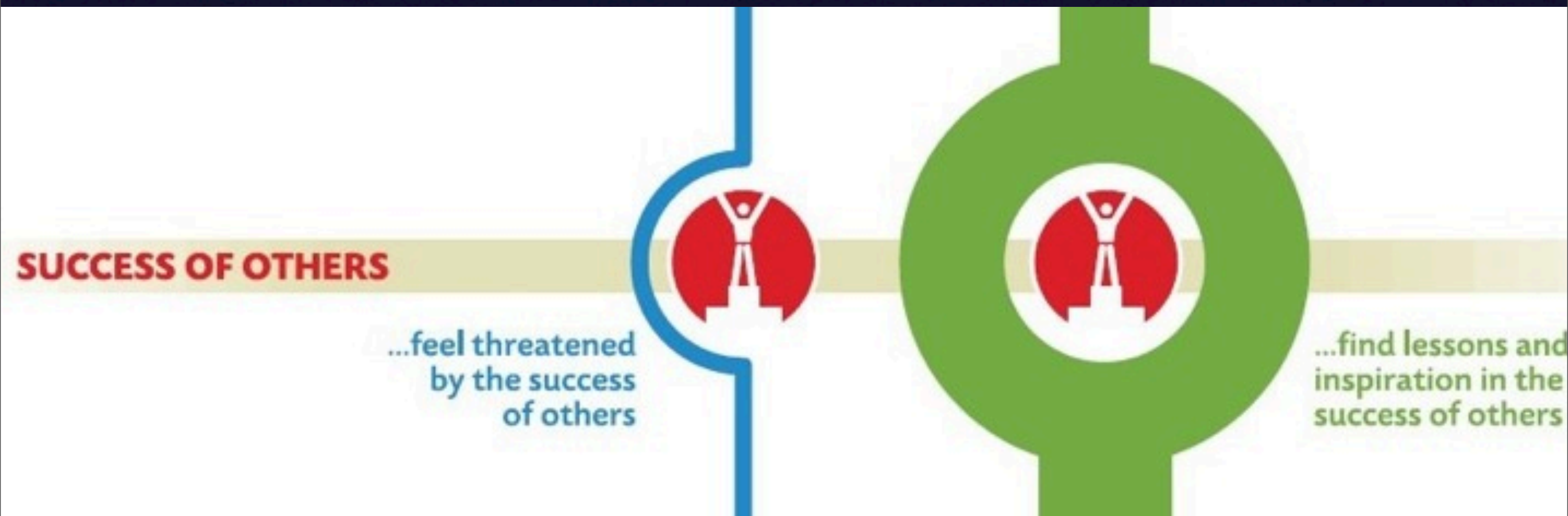
Growth



Mindsets


Fixed

Growth



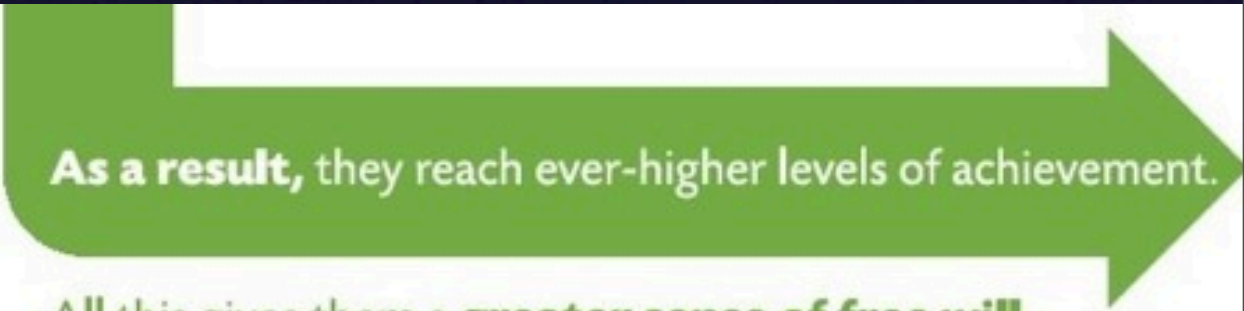
Mindsets

Fixed Growth



As a result, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic view of the world.**



As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**

GRAPHIC BY NIGEL HOLMES

ocean / breeze

leaf / tree

sweet / sour

movie / actress

gasoline / engine

high school / college

turkey / stuffing

fruit / vegetable

computer/chip

chair / couch

- try to remember as many word pairs as you can
- how many did you remember?

bread / b_utter

music / l_rics

sh_e / sock

phone / bo_k

chi_s / salsa

pencil / paper

river / b_at

be_r / wine

television / rad_o

l_nch / dinner

- try to remember as many word pairs as you can
- how many did you remember?

- studies show, on average, you'll remember three times as many words
- you didn't practiced harder, you practiced *deeper*
- deep practice occurs at the edge of your capabilities when you struggle
- deep practice x 10,000 hours = world-class skill

- Try to memorize these two sentences:
- We climbed Mount Everest on a Tuesday morning.
- Gn inromya Dseut Anotser ev e Tnuomde bmilcew.

- what were the two sentences?
- this is *chunking* – grouping pieces into larger parts
- problem solving in physics is full of chunking