

CAROL S. DWECK

In sixth grade, I was assigned a seat based on my IQ. In fact, my whole class was put in IQ order. Only the “smartest” students were trusted to carry the flag, clap the erasers, or take a note to the principal.

I know I’m not the only student who was treated this way. Many teachers believe that IQ is *the* measure of intelligence.

However, intelligence is not just an assigned number. Intelligence is not simply predetermined and never to change.

I am Carol Dweck. I discovered a way to fundamentally improve education and learning. NSF funded my research, which resulted in the “growth mindset” theory.

People with a growth mindset see ability as a work in progress. Abilities can be developed. Success in school, work, sports, the arts, and almost every area of endeavor is influenced by how people think about their talent and ability.

I have shown that the growth mindset can foster remarkable accomplishment.

Grow your mindset, and grow your potential.

More about Mindset Psychologist Carol Dweck

Psychologist Carol S. Dweck created a paradigm shift in education and learning with her discovery of the “growth mindset.” Dweck’s findings show that thinking about talent and ability as a work in progress can significantly enhance a person’s ability to master new skills.

Dweck’s work, funded by NSF over the years, spans the fields of developmental, social, and personality psychology. Her research shows that people with the growth mindset are more likely to choose challenges, improve their skills, and succeed.



Photo Credit: Mark Estes



The growth mindset has addressed issues of willpower, racial prejudice, gender gaps, adolescent aggression, and conflict resolution in the Middle East.

She has written several books on the subject, including *Mindset: The New Psychology of Success*, which makes her research accessible to a general audience.

- Gera Jochum, sbe-communications@nsf.gov

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Contact us at: sbe-communications@nsf.gov