



WEEKLY COLUMN in TORONTO  
CANADA

Melvin University with Me



## Mindset

There are two kinds of Mindset: Fixed mindset and Growth mindset. Actually this terminology was named by Dr. Carol Dweck, psychology professor at Stanford University, who wrote the book "Mindset: the New Psychology of Success" (@ 2006, 2016). Its main concept was that everything is depend on our mind-set, e.g., how we think of what we are.

She studied many students at Stanford University and found from them in two kinds of students: One group was only believe their intellectual, so they were excellent students once they came into Stanford. Another group was those students whom were really ordinary, especially intellectually, so on.

She found interesting in her graduate classes. Once they entered University, mostly intellectual students, we may call it IQ (intelligence quotient), they were heading group...but ironically...another group of students coming up to be the leading group those who were second level of students.

Because as times going, the first group those who were excellent intellectually were shrinking slowly, and after all they were in the less level at their classroom, but the second group of students were tried hard to overcome their short-coming, so they were growing and growing, and at last they become the leading group in the same classroom.

Later on Dr. Carol found that the intellectual students believe in their high level too much so they only rely on that, she called it Fixed Mindset, and found the second level of students have studied very hard because they thought only to try themselves is the way to get away of the inferior level. She named it Growth Mindset.

That's why Carol concluded the MIND-SET is really important for our personal lives. As you read whole of her book, nearly most of them are talking about mindset. I never used the term 'mindset' in the past, but actually all things are depends on our mindset, isn't it? I hope you to read the book and think of it in relating to the concept of mindset which Carol said.

I am not saying that all of us should be stupid, but what I am saying we need to try and through trials and errors, we can grow.

Are you still only believe yourself, your intelligence? Is that all?

To be born with higher intelligence, or the most highest intelligence is actually no problems at all. That's Grace. Period.

The matter is how we have our mindset. How & what to think is important for our daily life and to decide for our future as well.