



## Vocabulary for Fixed vs. Growth mindset

Vocabulary from the video <https://www.youtube.com/watch?v=M1CHPnZfFmU>

- **Delineate (v):** To describe or portray something precisely.
- **Continuum (n):** A continuous sequence where extremes are very different.
- **Innate (adj):** Natural; something you are born with.
- **Pivot (v):** To fundamentally change direction or strategy.
- **Minimal (adj):** The smallest amount possible.
- **Embrace (v):** To accept or support something willingly.
- **Obstacle (n):** Something that blocks your progress.
- **Measurable (adj):** Able to be measured (e.g., test scores).
- **Innovate (v):** To introduce new methods or ideas.
- **Critical Feedback (n):** Comments aimed at correcting or improving performance.

### 10 additional expansion words

- **Resilience (n):** The ability to recover quickly from difficulties.
- **Malleable (adj):** Capable of being shaped or altered.
- **Neuroplasticity (n):** The brain's ability to form new connections.
- **Stagnation (n):** A state of not moving or growing.
- **Aptitude (n):** A natural ability to do something.
- **Setback (n):** A reversal in progress; a temporary problem.
- **Paradigm Shift (n):** A fundamental change in approach or underlying assumptions.
- **Propensity (n):** A natural tendency to behave in a certain way.
- **Internalize (v):** To make a belief or attitude part of your own nature.
- **Attributes (n):** Qualities or features belonging to a person.

## Word families

Verb	Noun	Adjective	Meaning in Context
<b>Delineate</b>	Delineation	Delineated	To describe a plan clearly.
<b>Innovate</b>	Innovation	Innovative	To create new ideas.
<b>Pivot</b>	Pivot	Pivotal	To change direction (or a crucial point).
<b>Embrace</b>	Embrace	Embracing	To welcome a challenge.
<b>Measure</b>	Measurement	<b>Measurable</b>	To check progress with data.
<b>Stagnate</b>	<b>Stagnation</b>	Stagnant	To stop growing or moving.
<b>Internalize</b>	Internalization	Internalized	To make a belief part of who you are.
(None)	<b>Resilience</b>	Resilient	To be strong and "bounce back."
(None)	<b>Aptitude</b>	(None)	A natural talent or ability.
(None)	<b>Obstacle</b>	(None)	A problem in your way.
<b>Attribute</b>	<b>Attribute</b>	Attributable	A quality (noun) or to give credit (verb).
(None)	<b>Continuum</b>	Continuous	A scale between two points.

## Mindset mastery quiz (10 minutes)

**Part A: Fill in the blanks** *Word bank: Innate, Pivot, Stagnation, Resilience, Malleable.*

1. Because the human brain is \_\_\_\_\_, we can continue to learn throughout our lives.
2. After the project failed, the team had to \_\_\_\_\_ and try a new strategy.
3. If you believe your talent is \_\_\_\_\_, you might not put in the effort to improve.
4. Developing \_\_\_\_\_ allows a student to bounce back after a difficult exam.
5. A lack of new challenges often leads to professional \_\_\_\_\_.

**Part B: Fixed (F) or Growth (G)?**

- ☐ "I'm just not a 'math person' and I never will be."
- ☐ "This challenge is difficult, but it's a great chance for me to experiment."

## Answer key

### Part A: Fill in the blanks

1. **Malleable** (Because the human brain is malleable, we can continue to learn throughout our lives.)
  2. **Pivot** (After the project failed, the team had to pivot and try a new strategy.)
  3. **Innate** (If you believe your talent is innate, you might not put in the effort to improve.)
  4. **Resilience** (Developing resilience allows a student to bounce back after a difficult exam.)
  5. **Stagnation** (A lack of new challenges often leads to professional stagnation.)
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### Part B: Fixed (F) or growth (G)?

- [F] "I'm just not a 'math person' and I never will be."
- [G] "This challenge is difficult, but it's a great chance for me to experiment."