**Listening: 3 types of “exam questions”**

Developing and Embracing a Growth Mindset: <https://www.youtube.com/watch?v=_qlCa4LIabg>

**Pick the right summary**

1. In the video, the concept of a growth mindset is discussed, which refers to the belief that skills and intelligence can be developed through hard work, good strategies, and input from others. Those with a growth mindset tend to achieve more as they focus on learning and growing rather than looking smart. It is not just about having a positive attitude, but rather a willingness to learn and improve.

2. In the video, it is suggested that a growth mindset is all about having a positive attitude and maintaining a belief that good things will come your way. It encourages praising and rewarding effort, but not necessarily putting in hard work. A fixed mindset, on the other hand, is seen as an irrational concern with being right and avoiding mistakes. It suggests that skills are predetermined and success is limited to certain individuals.

3. In the video, the importance of a growth mindset is emphasized, which allows for the continuous development of skills and knowledge through effort and hard work. It also highlights the role of neuroplasticity in our ability to learn and grow throughout our lives. The video also discusses the negative impact of a fixed mindset, which limits our potential and hinders our progress. By adopting a growth mindset, we can achieve higher levels of performance and reach our full potential.

**True or False?**

1. The phrase "growth mindset" was first coined by Carol Dweck, a professor of psychology at Stanford University.

2. LeBron James, an NBA champion, believes that a growth mindset is about always striving to do better.

3. According to Carol Dweck, a growth mindset is the belief that skills and intelligence are fixed and cannot be developed.

4. People with a growth mindset tend to focus more on looking smart than on learning and growing.

5. A growth mindset is simply about maintaining a positive outlook and keeping an open mind.

6. Those with a fixed mindset believe that learning should be effortless and mistakes should be avoided.

7. The concept of a growth mindset is supported by research in brain science, which shows that our brains can grow and evolve throughout our lives.

8. Neuroplasticity is the term used to describe the brain's ability to create new neural pathways and learn new skills.

**Multiple Choice Questions**

1. According to the video, what is the belief of those with a growth mindset?

A. Skills and intelligence are predetermined.

B. Learning should be effortless.

C. Mistakes should be avoided at all costs.

D. Skills and intelligence can be developed through hard work.

2. What does the video suggest about fixed mindsets?

A. They focus on learning and growing.

B. They encourage making mistakes.

C. They believe that success is achievable by anyone.

D. They maintain that skills and intelligence are predetermined.

3. What is a key characteristic of the growth mindset?

A. Avoiding challenges and obstacles.

B. Believing that learning is effortless.

C. Treating mistakes as learning opportunities.

D. Maintaining a positive outlook.

4. According to the video, what is neuroplasticity?

A. The belief that skills and intelligence can be grown.

B. The ability of our brains to grow and evolve constantly.

C. The potential for achieving higher levels of performance.

D. The process of creating new neural pathways.

5. What does the video say about the potential for learning and growth?

A. It is limited by our age and accolades.

B. It requires a fixed mindset.

C. It can be nurtured through effort and time.

D. It is only possible if we believe in it.

6. How does the growth mindset view mistakes?

A. As obstacles that need to be overcome.

B. As opportunities for learning.

C. As roadblocks to success.

D. As evidence of a fixed mindset.

7. What does the video imply about the relationship between effort and learning?

A. Effort is unnecessary for learning.

B. Learning is effortless without effort.

C. Effort is required for learning and growth.

D. Learning happens naturally without effort.

**KEY**

**Pick the right summary: 1**

**True or False:**

1

True

2

True

3

False - - According to Carol Dweck, a growth mindset is the belief that skills and intelligence can be grown and developed through hard work, good strategies, and input from others.

4

False - - People with a growth mindset focus less on looking smart and more on learning and growing.

5

False - - A growth mindset is not just about maintaining a positive outlook and keeping an open mind.

6

False - - Those with a fixed mindset believe that learning should be effortless, but those with a growth mindset understand that learning requires time and effort.

7

True

8

True

**MCQs**

1. D

2. D

3. C

4. B

5. C

6. B

7. C