In your own words, summarize how the brain plays into mindset.

Define neuroplasticity.

How does the brain play into mindset?

Now that you’re fully aware of the differences between fixed and growth mindset, it’s time to start understanding the importance of having a growth mindset and how to achieve it. The first step is understanding the brain and how it plays a part in mindset. According to brain-based research, “the brain is constantly creating and destroying neural pathways, forming the thought and behavior patterns our brain uses to make decisions, choose actions, and present us to the outside world. The pathways that are used get stronger and those that are under-used grow weak and are eventually replaced” (Meacham). This proves that by exercising skills, whether you are excelling or struggling, can strengthen pathways and lead to potential and achievement. Neurons are a connected group of cells in the brain that share information with each other—allowing for the mind to grow with knowledge. No matter how many synapses a neuron has, it has the potential to grow more and strengthen connections.

What is neuroplasticity?

Neuroplasticity is, “the ability of the brain to change, adapt, and rewire itself throughout our entire life” (Ricci). With proper stimulus, the brain can develop, strengthen, and build intelligence. For example, if you learn about the Pythagorean Theorem in geometry during the last 2 weeks of school before summer break and continue to study the theorem during your vacation, you will build up your intelligence in relation to that topic. However, the same goes for if you did not continue your studies over the break. More than likely, because the information was not used, it will be replaced and forgotten. Ultimately, the lesson learned here is that exercising your brain and putting forth effort is one key to unlocking your potential and gaining a growth mindset.

“The human brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe.”
-Michio Kaku