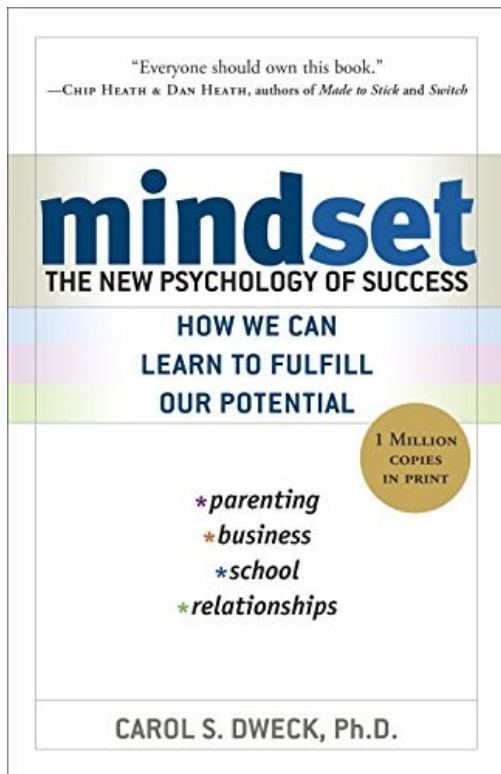


## The ATA Advisor Book Club (ABC)



The Winter 2016 Advisor Book Club will feature a discussion of **Carol Dweck's "Mindset: The New Psychology of Success"**

"Mindset is 'an established set of attitudes held by someone,' says the Oxford American Dictionary. It turns out, however, that a set of attitudes needn't be so set. "Mindset" author and Stanford psychology professor Carol Dweck proposes that everyone has either a fixed mindset or a growth mindset. A fixed mindset is one in which you view your intelligence, talents and abilities as fixed, and your fate is to go through life avoiding challenge and failure. A growth mindset, on the other hand, is one in which you see yourself as fluid, a work in progress. Your fate is one of growth and opportunity. Which mindset do you possess? Dweck provides a checklist to assess yourself and shows how a particular mindset can affect all areas of your life, from business to sports and love. The good news, says Dweck, is that mindsets are not set: at any time, you can learn to use a growth mindset to achieve success and happiness. - **Publishers Weekly**

As academic advisors, this notion of mindset can be applied to how we view, support, and challenge our students. It can be used in discussion of major selection, the usefulness of general education, career development, and other aspects of higher education. In addition, this notion of mindset can help inform our understanding of ourselves, and can help maximize the talents and abilities we bring to our work at the University and within the advising profession.

ABC Discussion of **"Mindset: The New Psychology of Success"**

will be at the March 11 "Lunch and Learn"

Noon-1:30pm

Honors College Conference Room (3rd floor UGL)

**Copies of the book can be reserved by emailing**

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