



SAARANSH SPAB Library Insight

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Welcome

SAARANSH is a SPAB Library bi-monthly digital digest to communicate new developments in the knowledge and showcasing the potential of existing content for knowledge creation and validation.

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Compiler

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Fixed Mindset vs. Growth Mindset

(click on the red links for more details)

Person with **fixed mindset** is constrained by their beliefs and thoughts. This type of people believe that they are born with special talents and every person has difference abilities and intelligence. Their belief limited their ability to be a successful person.

Whereas, **growth mindset** people are free from their thoughts and beliefs. They understand that certain people have special talents and intelligence that varies from person to person, but it can be developed and increased with effort and hard work. They enjoy learning process and always ready to embrace new information, forming new strategies, and taking inspiration from others to develop new skills and grow.



Some of the key differences between fixed mindset vs growth mindset are:

Fixed mindset is limiting

- Talents, abilities and intelligence is fixed, it's who we are
- Run from error, do not engage with it with a desire to look smart
- Avoid challenges
- Give up easily
- Feel threatened by the success of others
- Ignore negative feedback even though it may be highly relevant and useful
- Avoid new experiences with fear of failure
- Look for people who can reinforce their self esteem
- Focus on the outcome since they consider results as their identity
- Can lead to cheating and deception

Growth mindset is freedom

- Talents, abilities and intelligence can be developed through effort and practice
- Engage deeply and process the error with a desire to correct the error

Library Links

- [Library OPAC](#)
- [IR@SPA Bhopal](#)

IR@SPA Bhopal is a digital repository with the objective to collect, preserve, and distribute the scholarly output of the SPA Bhopal and function as an important source of communication of the information generated through the day to day activities.

List & Links of Databases & Journals Subscribed by the SPAB Library

Full-text

- [ProQuest Dissertations and Thesis Global](#)
ProQuest Dissertations & Theses (PQDT) Global is the world's most comprehensive collection of dissertations and theses from around the world, offering millions of works from thousands of universities. Each year hundreds of thousands of works are added. Full-text coverage spans from 1743 to the present, with citation coverage dating back to 1637.
- [Art & Architecture Complete](#)
This collection covers nearly **360 full-text periodicals** (Journals and Magazines) & **220 full-text books** in the area of Architecture, Conservation, graphic arts, Archeology, Sculpture, etc. and Cover-

- Embrace challenges
- Persevere in the face of failures and setbacks
- Find inspiration in others success
- Accept criticism as a way to learn
- Embrace novelty with a desire to master new skills
- Look for people who challenge them to grow
- Focus on the process and learning without worrying about the outcome
- Leads to collaboration and innovation

(**Credit /Ref:** <https://www.techtello.com/fixed-mindset-vs-growth-mindset>)

In a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb. In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it.

— Carol Dweck, Stanford University

The benefits of a growth mindset might seem obvious, but most of us are guilty of having a fixed mindset in certain situations. That can be dangerous because a fixed mindset can often prevent important skill development and growth, which could sabotage your health and happiness down the line.

For example, if you say, “I’m not a math person” then that belief acts as an easy excuse to avoid practicing math. The fixed mindset prevents you from failing in the short-run, but in the long-run it hinders your ability to learn, grow, and develop new skills.

Meanwhile, someone with a growth mindset would be willing to try math problems even if they failed at first. They see failure and setbacks as an indication that they should continue developing their skills rather than a signal that indicates, “*This is something I’m not good at.*”

(**Credit /Ref:** <https://jamesclear.com/fixed-mindset-vs-growth-mindset>)

Further Readings on the topic Resources Available Online (Open Access)

Blog / Articles / Research papers (online) please click on article for further reading

- [The Mindsets](#) / Carol S. Dweck (chapter 1 of the book entitled “Mindset: the New psychology of success”)

to-cover indexing and abstracts for 790 academic journals, magazines and trade publications with collection of over 63,000 images.

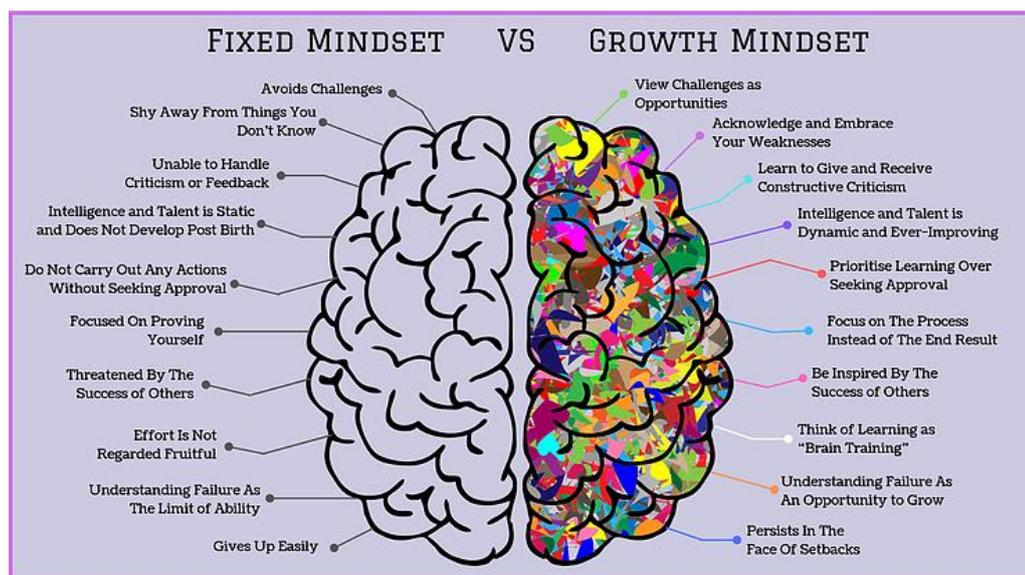
- **Sage Planning Coll...**
A Collection of 33 peer reviewed journals in the area of Planning are the part of this collection.
- **Bloomsbury Design Library**
Bloomsbury Design Library provides online access to unparalleled resource for anyone working across the broad field of design and craft studies. It contains dynamic collection of text and image content from 1500 BCE to the present day. Bloomsbury Design Library covers text books on design, major reference works, thousands of images from museums and archives, and resources for instructors and students. Bloomsbury Design Library offer academics and student's high-quality, intuitive tools for research.

- **Journals & Magazines**
Subscribed Journals and Magazines can be viewed on clicking above link

Statistical Databases

- **Indiastat.com**
Indiastat.com is a cluster of 56 associate sites and perhaps the most comprehensive e-resource for accessing the secondary level

- **The Differences Between A Growth Mindset And A Fixed Mindset / Suzie Flynn**
- **Fixed Mindset vs. Growth Mindset: What REALLY Matters for Success**
- **Mindset in Professional Development: Exploring Evidence of Different Mindsets / Lischka, Alyson E.; Barlow, Angela T.; Willingham, James C.; Hartland, Kristin; Stephens, D. Christopher**
- **Fixed Mindset vs Agile Mindset- A Comparison / Anand Damani**
- **Fixed vs. Growth Mindset — beliefs that shape your life / Aviran Revach**
- **The Importance of Mindset**
- **Growth Mindset vs Fixed Mindset: Can Mindset be Changed?**
- **Growth Mindset of Gifted Seventh Grade Students in Science / Julie Esparza, Lee Shumow & Jennifer A. Schmidt (NCSSMST Journal, v19 n1 p6-13 Spr 2014)**
- **Fixed And Growth Mindset In Education And How Grit Helps Students Persist In The Face Of Adversity / Aaron Hochanadel & Dora Finamore (Journal of International Education Research Vol. 11 No. 1 (2015))**



(Credit /Ref: <https://www.openrecruitmentlimited.co.uk/fixed-mindset-v-growth-mindset>)

Websites

- **Mindset Scholars Network**
- **7Mindsets**
- **Mr Marcus' Website**
- **Mindsetkit**

Videos

- **Exploring Emerging Technologies for Lifelong Learning and Success / The State University of New York (Coursera)**
- **Fixed Mindset Vs. Growth Mindset**

socio-economic statistical information about India, its 6 geographical regions, 31 states and 19 sectors on various socio-economic parameters. These parameters are Administrative Units, Demographics, Economy, Agriculture, Civil Supplies and Consumer Affairs, Environment and Forest, Industries, Infrastructure, Companies, Education, Health, Housing, Labour & Workforce, Polity, Media, Insurance, Tourism, Crime & Law, Social Welfare & Developmental Schemes etc.

“The only thing that you absolutely have to know, is the location of the library”

Albert Einstein

- [Psychology of SUCCESS - Fixed Mindset vs Growth Mindset in Hindi | How to succeed in life](#)

Resources Available in the SPAB Library

Books

- [McKinsey mind: understanding and implementing the problem-solving tools and management techniques of the world's top strategic Consulting Firm](#) / Ethan M Rasiel and Paul N Friga
- [Making miracles: inspiring mind methods to supercharge your emotions and rejuvenate your health](#) / Arnold fox, Barry fox
- [Applied minds: how engineers think](#) / by Guru Madhavan
- [Mind in Motion: How Action Shapes Thought](#)/ Barbara Tversky
- [Searching for success: decide what you want most in the world to do and then do it](#) / Billy Arcement
- [Force is in the mind: the making of architecture](#) / [ed by] Elke Krasny and Architekturzentrum Wien
- [Mind in architecture: neuroscience, embodiment, and the future of design](#) / Edited by Sarah Robinson and Juhani Pallasmaa

Journals/ Magazines

- [The Journal of social Psychology](#) (Pub. By Tailor & Francis)
Since John Dewey and Carl Murchison founded it in 1929, *The Journal of Social Psychology* has published original empirical research in all areas of basic and applied social psychology. Most articles report laboratory or field research in core areas of social and organizational psychology including the self and social identity, person perception and social cognition, attitudes and persuasion, social influence, consumer behavior, decision making, groups and teams, stereotypes and discrimination, interpersonal attraction and relationships, prosocial behavior, aggression, organizational behavior, leadership, and cultural psychology. All submitted manuscripts are subject to initial appraisal by an Executive Editor, and, if found suitable for further consideration, to peer review by independent, anonymous expert referees. All peer review is double blind and submission is online via ScholarOne Manuscripts.

[Ref: Journal Site]

“Attitude is a little thing that makes a big difference.”

- Winston Churchill

List & Links of Open Access Contents

- National Digital Library of India
- Directory of Open Access Journals
- Directory of Open Access Books
- Architecture Commons
- Planning Architecture Design Database Ireland (Paddi)
- Open Government Data
- Networked Digital Library for Thesis and Dissertations
- ARCHNET Resources
- Asian Historical Architecture



Contact Us

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Hindi Content on Fixed Mindset vs. Growth Mindset

- क्या होता है Growth और Fixed Mindset का मतलब ?
- 'ग्रोथ माइंडसेट' क्या है?
- 'ग्रोथ माइंडसेट' का विकास कैसे करें?

Summary of Books on Mindset

- Carol Dweck: A Summary of Growth and Fixed Mindsets
- Mindset – The new psychology of success – Book summary

It's not that I'm so smart, it's just that I stay with problems longer.

- Albert Einstein

Happiness depends on your mindset and attitude.

- Roy T. Bennett

I think anything is possible if you have the mindset and the will and desire to do it and put the time in.

- Roger Clemens

Important Notice

SPAB Library invites suggestions and small articles on various topics for this digest, please contact us and give your valuable insights to make it important resource of information for SPAB community.

Thanks & Regards

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