

MODULE 1 - NATURE VS NURTURE

LISTENING COMPREHENSION - TRANSCRIPT

The Science of Character part 2

<https://vimeo.com/79444520>

So, how do we develop these character strengths? One theory suggests that people either have a fixed mindset or a growth mindset. A fixed mindset is the belief that we are born with certain abilities, intelligence and talents, and that we are stuck with it.

A growth mindset is believing "I can change." If I set my mind to it, I can do anything.

Let's take for example failing at something. With a fixed mindset failing means "I am a failure". A growth mindset understands failure happens to everyone. Of course, it's hard, I've been there. But it's also something to learn from, something to improve upon.

Fortunately, we can all develop a growth mindset. It takes practice and it takes encouragement from the people around us, but it *can* be learnt. And it's all because of an amazing part of the human brain called the prefrontal cortex. It's like our brain's control panel that orchestrates our thoughts and actions, what many scientists call executive functions. Or what neuroscientist Adele, no, not that Adele, Adele Diamond, calls self regulations. I like to think of it as my self control filter, the thing that keeps my impulses and emotions in check. And the way to strengthen that filter is as simple as taking a moment focusing your attention and asking yourself "Is what I'm about to do a reflection of who I am, and who I wanna be?"

So while we're all becoming more and more distracted in this age of distraction we need to remember to take a moment and think.