Thank you for your interest in Corwin.

Please enjoy this complimentary excerpt from *Challenging Mindset* by James Nottingham and Bosse Larson. This diagram of the Learning Pit describes the effects of mindset at each step the learning challenge journey.

**LEARN MORE** about this title, including Features, Table of Contents and Reviews.
1 In Your Comfort Zone
The impact of mindset is less noticeable here because things are relatively straightforward. You are able to complete tasks without feeling the need to consider your strategy or to check your assumptions. You are more likely to be 'doing' or 'being' rather than questioning or checking.

2 At the Edge of Certainty
Mindset is becoming more important now. You are now right at the edge of your comfort zone. If you are in a fixed mindset, then you will be looking for ways to avoid going any further. If you are in a growth mindset, then you will be more willing to push forward and to step out of your comfort zone.

3 Going into the Pit
Mindset plays a significant role in determining your actions at this stage. If you are in a fixed mindset, then you are much more likely to take evasive action or to give up. If you are in a growth mindset, then you will enjoy the 'wobble' or at least reassure yourself that you are learning.

4 Being in the Pit
Being in the pit means you are in somewhere between your comfort zone and your panic zone. If you are in a fixed mindset, then you will think of this as your 'failure zone' and be more likely to give up, reassure yourself that you don't need to be able to do it anyway, or ask someone to rescue you. If you are in a growth mindset, then you will think of this position as your 'learning zone' and will seek out ways to overcome the obstacles or to meet the challenge head on.

5 Climbing Out of the Pit
If you are in a fixed mindset then you will probably have given up or taken a short cut to finish the task. If you are in a growth mindset, you will continue to persevere, try out different strategies, use the most relevant 'yetis', welcome feedback and coaching, determine what is working and what is not, and apply more effort to the actions that seem most effective.

6 Enjoying Success
You are much more likely to reach this stage if you have been in a growth mindset during your learning journey. In a fixed mindset, you will probably have given up or taken a short cut to finish the task. In a growth mindset, you will have been more focused on progress and learning, and so now you will reflect on the reasons why some strategies worked for you and why some didn't, and what you can take to the next learning opportunity.

7 Reviewing and Transferring
In a fixed mindset, you will be relieved to finish. In a growth mindset, you will look for opportunities to transfer your improved knowledge, understanding and skills into other contexts; you will also be more willing to seek out, and go into, the next learning pit.