

BE02 Growth Mindset #1

We are very _____ talent. _____ we see _____ people, we often say “I _____.” But _____ is talent? _____ talent really _____? _____ the _____ of talent by a famous _____; talent is the _____ you improve your skill _____. _____ that effort is _____ success. Talent is _____ of _____, so no one can be successful _____ effort. The next question is _____ talent _____. Some people think _____ to learn is fixed and cannot be improved, _____ that _____ and _____. _____ you _____ opinion, you have a fixed mindset. _____ you _____ idea, you have a _____ mindset. Which do you think is _____?

We are very interested in talent. When we see successful people, we often say “I wish I were more talented.” But what exactly is talent? Does talent really matter? Here is the definition of talent by a famous psychologist; talent is the rate at which you improve your skill with effort. It clearly suggests that effort is necessary for success. Talent is only about the speed and efficiency of growth, so no one can be successful without effort. The next question is whether our talent is fixed or not. Some people think that our capacity to learn is fixed and cannot be improved, while others believe that it can be trained and enhanced. If you agree with the former opinion, you have a fixed mindset. If you agree with the latter idea, you have a growth mindset. Which do you think is truer than the other?

be interested in	～に興味がある	clearly	明確に
talent	才能	suggest	示唆する、ほのめかす
successful	成功している	necessary	必要な
talented	才能のある	efficiency	効率
exactly	正確に、厳密に	growth	成長
matter	重要である	fix	固定する
definition	定義	capacity	能力、素質
psychologist	心理学者	enhance	高める、より良くする
rate	ペース、速度	former	前者の
improve	向上させる、改善する	latter	後者の
effort	努力		

BE02 Growth Mindset #2

Scientists _____ that the growth mindset _____ right. _____ talent _____ grow in response to challenges because _____ in the brain change _____. For example, _____ we get _____ mathematics _____, the _____ of the brain _____ math is also enhanced. _____ to learn mathematics also improves. The _____ is _____ for _____ a language, practicing sports, and so on. _____, our brains are _____. _____ a _____ stronger _____, the brain _____ we _____ a new challenge. For example, _____ to learn may only _____ in the future. We can _____ improve our skills, but also _____ to learn skills.

Scientists have shown that the growth mindset seems right. Our talent can grow in response to challenges because neural circuits in the brain change flexibly. For example, when we get better at mathematics through practice, the area of the brain related to math is also enhanced. It means that our ability to learn mathematics also improves. The same is true for learning a language, practicing sports, and so on. Throughout our lives, our brains are constantly growing. Like a muscle gets stronger with use, the brain changes itself when we get over a new challenge. For example, what it took a day to learn may only take an hour in the future. We can not only improve our skills, but also enhance our capacity to learn skills.

seem	～に思える	related	関連する、関係のある
in response to	～に応じて	throughout	～を通してずっと
neural	神経の	constantly	絶え間なく
circuit	回路、回線	muscle	筋肉
flexibly	柔軟に	use	使用、使うこと
mathematics	数学		

BE02 Growth Mindset #3

According to the _____ science, we _____ our talent _____. The growth mindset is _____ fixed mindset. However, at the same time, _____ the fact. Studies show that people _____ growth mindset are more _____ difficulties. _____ talent can _____, they can think _____ as _____ condition and a _____ step on the _____ to success. On the other hand, people _____ fixed mindset are much more _____. They think that failure is a _____ condition, so they _____. _____ talent _____ grows, _____ that our talent grows is also important.

According to the latest science, we can improve our talent with effort. The growth mindset is truer than the fixed mindset. However, at the same time, our belief matters as much as the fact. Studies show that people with a growth mindset are more likely to keep up with effort when they face difficulties. Because their talent can be improved, they can think of failure as just a temporary condition and a necessary step on the path to success. On the other hand, people with a fixed mindset are much more likely to give up when they fail. They think that failure is a permanent condition, so they find it hard to try again after failure. Our talent certainly grows, but believing that our talent grows is also important.

according to	～によると	temporary	一時的な
belief	信念、信じていること	path	道、方法
keep up with	～を続ける	fail	失敗する
face	向き合う、直面する	permanent	永続的な
difficulty	困難	certainly	確かに
failure	失敗		