

Are the Big 5 Personality Domains Related to Growth Mindset?

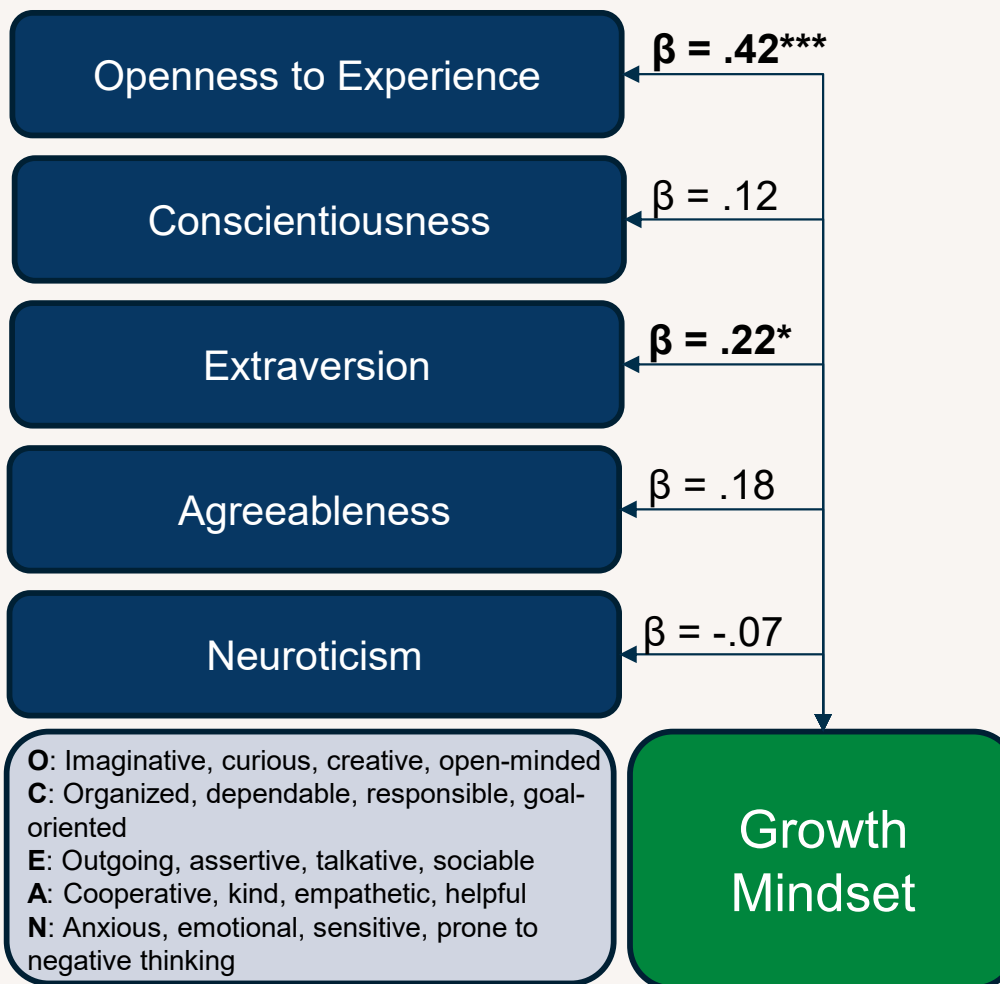
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Introduction

- The Big 5 are associated with important life outcome variables, such as academic success, job performance, and health
- Growth Mindset: The belief that one's abilities and intelligence are malleable
- Growth Mindset is also associated with important academic outcomes including academic performance, career success, and resilience
- Interventions targeting potential linked traits may be useful in promoting growth mindset in educational settings
- Tailoring instructor feedback to student's personality traits may enhance the effectiveness of the feedback

- **Hypothesis 1:** Conscientiousness and Openness to Experience will be associated with GM
- **Hypothesis 2:** Neuroticism will be negatively associated with GM



Discussion

- Results suggest personality traits may play a role in fostering a growth mindset, specifically Openness to Experience and Extraversion
- Individuals may have a positive growth mindset regardless of their personality traits
- Educators and employers may want to consider personality traits when designing growth mindset training programs
- Future directions could investigate how personality traits and growth mindset interact to predict important outcomes