



Growth Mindset



Describe something you learned that was challenging and took you a few tries to learn:

- Did you ever think you might not succeed?
- What different strategies did you use?
- What did your process look like?

Check statements that seem like familiar thought processes in the face of challenges:

I am not smart enough

I am embarrassed when I don't get it

I believe in myself

Some subjects are just too hard for me

I'll learn how to do this

Mistakes are a part of the learning process

Comparing yourself to others

Success is about hard work

This is too hard

I'm never going to get this

I give up

Learning is fun

I'm on the right track

What will people think if I fail?

I should try a different strategy

If I work at it, I can learn this

Growth mindset: Belief that a person's most basic abilities can be developed through dedication and hard work; brains and talent are just the starting point.

Fixed mindset: Belief that a person's basic qualities, like their intelligence or talent, are simply fixed traits. Time is spent taking note of intelligence or talent rather than developing the. Belief that talent alone creates success without effort.

Which mindset do you relate to more, and why? Thoughts and reflections:

