Mindset Matters

Name: . Section .

Write your personal meanings for the following words:

**Growth mindset about intelligence**

**Fixed Mindset about intelligence**

**Having a growth mindset about intelligence…**

|  |  |  |
| --- | --- | --- |
| **Looks like (nonverbal behavior)** | **Sounds like (things you say)** | **Feels like (emotions, attitudes)** |

**Having a fixed mindset about intelligence…**

|  |  |  |
| --- | --- | --- |
| **Looks like (nonverbal behavior)** | **Sounds like (things you say)** | **Feels like (emotions, attitudes)** |

What memories were triggered by this video?

Which of the two mindsets about your intelligence seem to fit you and why?

Look at the chart at the end of the article. What growth and fixed mindset qualities do you have?

What does effort look like in college?

What can you change to have a stronger growth mindset?

Write a letter to an incoming freshman to UWL who has just done poorly on their first quiz or exam or big project at the collegiate level. Use the ideas of mindset, how your brain grows and how learning is a long process to encourage them.