

## Mindset Matters

In her book, *Mindset: The New Psychology of Success* (2006), Carol Dweck writes:

*There's another mindset in which these traits [intelligence, personality and character] are not simply a hand you're dealt and have to live with, always trying to convince yourself and others that you have a royal flush when you're secretly worried it's a pair of tens. In this mindset, **the hand you're dealt is just the starting point for development.***  
***This growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts.***

How do you think about your skills and talents? What's your approach to challenges? Use this worksheet to consider reframing your approach to challenging academic content or situations (or any situation in life).

Here are a few examples of Fixed vs Growth Mindset Statements

Instead of:	Try:
This is too hard.	This may take some time.
My plan failed. It's over.	There's always a back-up plan.
Why can't I do it like (...)?	What do they know that I don't? I can learn from them.
I'm not good at this.	What am I missing?
I give up.	I'll use a different strategy. I just haven't gotten it yet.

Think about a challenge(s) you are facing with your academics and use the chart below to reframe your mindset. Then, let's take it one step further – What's a resource to help you succeed?

Challenge Statement	Reframing my Mindset	Resources to Support my Success
<i>I'm never going to understand this math concept. It's just too hard.</i>	<i>I haven't figured it out yet. I'll a different strategy.</i>	<i>Learning Resource Center – SI or Tutoring Success Toolkit Series – Active Learning</i>

The next time you hit a roadblock, challenge yourself to reframe your mindset and try a new approach!