

# Mindset Matters

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:	
My plan failed. It’s over.	There’s always a back-up plan.
I’m not good at this.	What am I missing?

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!