STEPS TO DEVELOPING A GROWTH MINDSET

- Step #1: Learn, learn, learn
- Step #2: Realize hard work is key
- Step #3: Face setbacks
**Fixed Mindset: Look intelligent at all costs**

“The main thing I want to do in college is to show others how good I am”

**Growth Mindset: Learn, learn, learn**

“It’s much more important for me to learn than to get top grades”
MINDSET STEP #2: REALIZE HARD WORK IS KEY

- **Fixed Mindset:** Learning should come naturally
  “When I have to work really hard in a subject, I don’t feel very smart”

- **Growth Mindset:** Putting a lot of effort into learning and working hard is key
  “The harder I have to work at something, the more effort I put into something, the better I’ll be at it”
MINDSET STEP #3: FACE SETBACKS

- Fixed Mindset: Hide mistakes and conceal deficiencies, retreat, blame others, act superior
  
  “I’d spend less time on this subject from now on”
  “I would try not to take this subject ever again”
  “I would try to cheat on the next test”

- Growth Mindset: Capitalize on mistakes and confront deficiencies
  
  “I would work harder in class from now on”
  “I would spend more time studying for the test”
REMEMBER TO...

- Focus on effort, struggle, persistence despite setbacks
- Choose difficult tasks
- Focus on Strategies
- Reflect on different strategies that work and don’t work
- Focus on Learning and improving
- Seek challenges
- Work hard