Last Lecture and Mindset

Last Lecture: I found the last lecture to be intriguing and inspiring. I loved how much he spoke about his family, and you could see that he truly cares and uses his knowledge to help his children learn and develop. I felt like I could really relate to Randy, the most relatable thing he spoke about were the challenges of football practice and the experiences that come with that. I also had a coach that was on me all day every day at practice and the saying “when you’re screwing up and nobody’s saying anything to you anymore, that means they gave up” is extremely accurate. I watched it happen all the time, people would take the coaching the wrong way and give up, the coach would see that and then in turn also give up on you. This was a very valuable experience for me, and I am glad to see that he experienced it too. He also spoke about the power of enthusiasm. He spoke about a coach that would often just do the craziest things on the field and it taught him the power of freedom and enthusiasm. I also feel the most comfortable when I’m on the football field, so it was great to hear him speak about this. I would say that the thing that affected me the most was the emotions that he had when speaking about his children and family. It would be extremely hard to have the outlook that he had knowing how sick he was. How he still talks about keeping the childlike wonder and being happy after being diagnosed is something that I hope I can emulate if I am ever in a position like that. It was truly amazing to me and will stick with me for a long time.

Mindset: I found the mindset articles to be interesting but kind of odd. I was given a mostly Growth Mindset which I agree with. I felt like that the articles had a lot of great information about having a good mindset in general. I found the quote “it’s not always the people who start out the smartest who end up the smartest” super interesting. I really agree with what is being said, and it aligns with my growth mindset. I didn’t like that it really was just kind of a big ad for the book, but overall it was an interesting read and gave me some good insight into my mindset. I found that my mindset didn’t change after the articles and test but I did find it to be an interesting read. I have always been a very optimistic person when it comes to knowledge and learning so I feel like my mindset did not change.