Clint Connors

08/31/2020

MART 120

**Mindset Quiz Reflection**

I just barely made the “Strong Growth Mindset” ranking of the quiz with a score of 45. I had always thought of myself as a believer in the idea the people’s mindsets can grow and adapt. However, when I reflected on my answers for the quiz, I realized that I had only really held onto that belief when handling questions about education and intelligence. I was much more skeptical about the growth mindset theory when it came to sports, possibly because I was never very athletic in high school. I’ve also had mixed feelings when thinking about people’s ability to change their character, and that conflict resulted in varied answers on the quiz. Looking at my own biases and reflecting on what I had learned about mindset from the course materials, however, I realized that growth truly is possible with anything, not just academics. Knowing this will give me more confidence to not only try something new, but also encourage my peers to grow in their endeavors.