I think the first time I ever heard the term growth mindset was sometime around my second year of junior high. And to be honest when my teacher explained what it was it seemed obvious to me that is the mindset I had always had. After doing a bit more self-examination while writing this that from that point into my high school career I had let that mindset degrade. Only recently with the start of college after my gap year have I begun to rebuild the mindset that I can improve myself. Though personally it’s not rooted in a belief that I can’t succeed or become smarter, more a belief that I can’t submit myself to the workload or the time consumption required. (i.e. I’m lazy). I took the online quiz and got a 38 which means I have a growth mindset with some fixed ideas. This is honestly about what I expected to receive, I honestly don’t think I want to change my mindset from this number, though maybe that says something about fixed ideas. In the future I hope to use the mindset I think I already have to improve myself and become the better person I know I can be.