

# CONGRATULATIONS

on completing the

## *Growth Mindset Module!*

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

### LET'S REVIEW YOUR GROWTH:

Here is where you started on the mindset spectrum



During the module, we explored findings from studies in brain and learning science, including

01

#### People are not born with the ability to perform tasks

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work — brains and talent are just the starting point.

This view creates a love of learning and a resilience that is essential for great accomplishment.

02

#### Your brain changes as you learn new things and as you practice

Your brain is moldable, changeable, and flexible. When you take on difficult mental tasks, your brain rewires itself, much like your muscles build themselves up when you work out.

Learning new skills can be painful at first, but your brain will adjust and it will get easier.

03

#### When we have a fixed mindset, we limit our own potential

With a growth mindset, problems become interesting challenges that offer opportunities to grow.

With a fixed mindset, we cling to things that come easily instead of practicing things that are difficult. We might even avoid learning new skills because we are afraid to fail.