

[Bangkit 2023] Soft Skill Assignment 1 - Growth Mindset and The Power of Feedback

Total points 7/10 

Hi, Bangkit Students!

To ensure your understanding of the module, please complete the assigned multiple choice questions and essay.

You will pass the assignments if you satisfy the following criteria:

1. Demonstrate the right application of the knowledge provided in the module in completing the assignments.
2. Answers should be logically sound, valid, and relevant to the topics at hand.

Submit your answer by **March 5th, 2023**. Late or failure to submit will affect your final result in Bangkit Program.

The respondent's email (**c252dsx0727@bangkit.academy**) was recorded on submission of this form.

0 of 0 points

Name *

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Multiple Choice Question

7 of 10 points



Each correct answer will grant 1 point. Wrong answers will grant 0 points.

✓ 1. Which one of these describes the fear zone well? *

1/1

- Lack of self-confidence, live dreams, conquer objectives.
- Acquire new skills, conquer objectives, find excuses.
- Lack of self-confidence, find excuses, conquer objectives.
- Find excuses, be affected by others' opinions, and lack self-confidence.



✓ 2. These are the right mindset for someone with a growth mindset, *
except

1/1

- I wonder how they did it. I'll ask them.
- I can not befriend anyone because I'm not too fond of small talk.
- My mistakes help me to learn. I will try another strategy next time.
- I will use another strategy.



- ✓ 3. This belief believes that people were born with a set of abilities and characters which cannot be changed throughout the person's life is a definition of *1/1

- Growth mindset
- Fixed mindset ✓
- Growth planning
- Fixed planning

- ✓ 4. What are the practical actions to make a growth mindset a habit? * 1/1

- View challenges as opportunities.
- Acknowledge and embrace your weakness.
- Learn to give and receive constructive criticism.
- All the answers above. ✓

- ✓ 5. Deal with challenges and problems, extend comfort zone, and acquiring new skills is the indication of *1/1

- Comfort zone
- Growth zone
- Learning zone ✓
- Fear zone



✖ 6. The reasonable thing you can do to unleash yourself from a fixed mindset is

*0/1

- Acknowledge the voices of your fixed mindset.
- End a journey after mastering a new skill set.
- Set an elevated target in a tight time.
- Concentrate on the behavior and not the person

✖

Correct answer

- Acknowledge the voices of your fixed mindset.

✓ 7. These are the criteria that giving constructive feedback should fulfill *

1/1

- Be specific, take time to process feedback, and be willing to grow.
- Be specific, be timely, and be aware of the moment.
- Be thankful, be willing to grow, and be aware of the moment.
- Be thankful, be timely, and be willing to grow.

✓



- ✖ 8. What should you do in a feedback decision tree after answering No *0/1
with "Does the feedback align with my personal values and professional goals?"

- Discuss with trusted mentors. If they confirm your assessment, discard the feedback.
- Move on to proceed.
- Discuss with others, including the feedback provider. If there's still a misalignment, discard feedback.
- Trust the motives of the person who delivered the feedback. ✗

Correct answer

- Discuss with trusted mentors. If they confirm your assessment, discard the feedback.

- ✖ 9. Giving constructive feedback can be a challenge. In practice, one of these things you can implement is *0/1

- Observations: This is how "I" feel and how "you" feel based on observations. ✗
- Feelings: This is what "I" and what "you" need that influences your feelings.
- Needs: This is what "I" and what "you" observe that does not contribute to the other person's well-being.
- Requests: It should be explicit and include concrete actions without demanding.

Correct answer

- Requests: It should be explicit and include concrete actions without demanding.



- ✓ 10. Effective feedback is a way of providing input that can be negative, positive, or neutral. *1/1

True



False

Create a Fixed and Growth Mindset Assignment

0 of 0 points

List down 3 fixed mindset statements you have towards yourself and turn that into 3 statements of growth mindset.

Examples of fixed mindset include:

- Example 1: I don't like talking in front of the public
- Example 2: I don't like confrontation

Your way of thinking determines your direction.

Know that you are capable of so much more than you can imagine.

Once you've listed down your challenges:

1. For every fixed mindset statement that you've written, you can ask 5 reasons of the situation to understand yourself better, i.e. why you develop such mindset. You may provide a situation and the context (e.g. what your role was, what you did, where and when it happened).
2. Provide 3 challenges to turn your fixed mindset into growth mindset.
3. Explain your plan to overcome those challenges.

Answer in an essay format for between **1200 - 1800 characters**.



Essay Submission *

1. sometimes I feel not capable to learn something new, but feel that need an innate ability(fixed mindset)
 1. if you want to learn something new just learn it and don't think so much before you try, sometimes something seems difficult to do, difficult to pass, but after we try it that's not difficult as we thought, just do it without overthinking, enjoy the process even though feel difficult, even though you don't have innate abilities and feel not clever enough , you still have 'consistent' with consistent everything possible to realize, you even can beat everyone with consistent, continuously small step will bring you to success (growth mindset)
 2. I feel unconfident to make friend with someone who has a higher value than me like someone that have high skills, I feel I don't deserve to make friend with them, i feel I am just a disturbance (fixed mindset)
 2. if you want to make friends with everyone, especially with someone who has a higher value than you someone with high skill and something like that, just do it, you don't have a bad intention for them, you just want to make a friend with them, don't feel something like a disturbance, don't think much simplify your mind, you also valuable, don't humiliate yourself, be confident that you also capable that you also special in your major (growth mindset)
 - 3.I m not confident expressing my opinion during the meeting in class because I always feel my opinion won't be considered as valuable opinion, and I m afraid to take responsibility for my opinion, i m also don't confident talking in front of people. (fixed mindset)
 3. just make your intention to express your opinion in public just to increase your public speaking, the point is you can speak no matter if your opinion will be considered or not, will be appreciated or not, that's better than not do at all, that's show that you are brave enough, and better than not speak about their opinion at all. don't afraid to take responsibility for your opinion, be brave and grow with challenge don't afraid to make a mistake, you will learn and get precious experience for upgrading yourself, you should be afraid if you lose the chance to increase yourself, the chance to grow (growth mindset)
-

1.question about 3 fixed mindsets that i have writen:

a. first fixed mindset :

1)why i develop such mindset ? , 2)when it happen ? , 3)where it happen ?
because when i was in elementary school and then junior high school and then in senior high school i always had difficulties in learning math is very hard i thought i very envy to my classmate who can understand math and physic easily seem they don't have any problem to understand and learn math they can understand with just once explanation from teacher in class, i can't ask my teacher during class was going on because the time is very limited i am afraid if i disturb the class progress, so i tried to understand the lesson myself when the class over but i keep not understand the lesson its hard to understand even i had asked help to my classmate but i was still hard to understand from that i thought " seem i never able to understand the lesson, maybe that need innate abilities to understand that " and so i was not believe that every people has same potential to success , that's just nonsense and lie , and didn't believe that every people born with same potential. someone should harder to

struggle than other to reach the same dream. sometimes that fixed mindset is appear until now especially in class or similar like class like community and friend environment

4) what make that fixed mindset triggered ?

that fixed mindset will appear in my mind if i see other progress , other achievement, i will feel that my effort and progress is just nothing, i can't enjoy my progress , that's make me almost stopping and leaving my progress and effort at all, it make me belittle my own effort and progress

5) is this fixed mindset affect in all aspect or just certain aspect ?

no, is just affects something related to scientific knowledge and engineering , like programing , and math, physics, ect...

b. second fixed mindset

1) why you develop such mindset ? 2) when it developed? 3) what your status when it developed

because in the past especially in junior highschool and senior highschool often i get ignored by my classmate, and when i want speak express my opinion through meeting or something like that my opinion also get ignored at all , i felt that they considered me as stupid person and not important person at all i feel i just considered as disturbance, offcourse that hurt my feeling, that made me a silent person, my desire to make friend had disappeared, from there i feel maybe i'm too stupid and don't deserve interact with someone has high value

4) what triggers that fixed mindset ?

meet someone highly skilled , someone has awesome advantage like knowledge, skill or else , i am afraid if i speak to them i will just bother them, i feel that i don't deserve to spend their time even for small conversation,

even though i always dream to have highly skilled friend, someone has advantage, and i can learn from them, i always dream i have friend that want to share their knowledge and advantage, and want to be patient against my stupidity, because sometimes i hard to understand the instruction

5) how about with others ordinary people is that fixed mindset appear if you interact with them ?

no because i feel we are equal , yah i feel they will be more kind than highly skilled person , because i always meet highly skilled person(someone who has advantage) is so arrogant

c. third fixed mindset :

1) why you develop such fixed mindset ?

maybe the reason is i don't like confrontation, and i not good at arguing , maybe my introverted soul make me act like that, and i don't feel confident to take responsibility of my opinion, i afraid to leave my comfort zone , i afraid to face against new challenge

2) where is happen ?

that's will happen in only official meeting , like class meet, organization meeting.

3) what your status when it happen ?

i am a student,

4) so what biggest reason you develop a such fixed mindset, is that because you shy to express your opinion or you afraid to take responsibility for your opinion ?

afraid to take responsibility for my opinion is dominant reason/cause

5) how about presentation your task , that not need responsible for your material you just have to present your task in front of your friend , why you don't confident ?

because i'm afraid of making mistakes during presentations, and it looks weird if i make

improvements to my presentation, so I just present my assignments like reading a book, without movement and it's monotonous

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2. challenge to turn my fixed mindset into a growth mindset:

- a. learn google cloud computing and get ACE (Associate Cloud Engineer Certification)
 - b. speak and make friends with people that famous with their skills, and struggle to be equal to them, sharpen my own skill, become proficient in several majors
 - c. become, interactive and active in every meeting and discussion, and be brave to warn someone if they make mistake, and give feedback to someone
- =====

3. my plan to overcome those challenges:

- a. be consistent to pursue progress, while I'm having some difficulties during my progress, I will keep run the progress enjoy those difficulties, and not think much about it just keep run the progress and ignore my feeling that "it is difficult", I will keep running even though progress will be slowed by those difficulties and believes I will arrive to my destination no matter how hard it is, with consistent everything is possible. I will also learn about managing my time and making good agenda for it
- b. I want to speak with highly skilled person I mean like a famous person with their skill, I will speak and make friends with everyone who I want to make friends with them, even I plan to speak with speakers at events after the event is over I will approach them and make small conversation may I will get some insight and relation, and ignore my feelings, and my overthinking, just simplify my mind, and won't pass up an opportunity to get good relations good connections
- c. I will always give feedback for someone expression or opinion in every meeting or discussion try to contribute making the meeting and discussion are interactive and active, I will express my insight and opinion, I will try improve my speaking style with gestures and intonation, I will train myself to speak clearly so others can easily understand my word

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