My score on the mindset test came out to 45, which meant I barely snuck into the category of having “a strong growth mindset.” This result is interesting to me because, in my life, I think I’ve been guilty of having a pretty fixed mindset about my education. Ever since I was young, my grades were always very important to me. Anything less than an “A” I saw as a failure. This mindset has certainly changed as I’ve gotten older. When I started taking more challenging, college-level courses in high school, primarily during my junior year, that’s when I realized that getting a “B” is more than acceptable.

I’ve also always been hard on myself about making mistakes in general, whether it pertains to education or everyday life. This is something that I still struggle with today, in that sometimes I look at making mistakes in a pessimistic light. I correlate mistakes with missed opportunities. What Carol Dweck talked about in her presentation is what I’m trying to improve upon. Rather than looking at mistakes as failure or missed opportunities, I’m trying to see them as opportunities to learn and became a better, more well-rounded person. I think, by doing this, I’m finding myself spending less time dwelling on mistakes, and more time trying to learn from them.