

Mindset Quiz

On the mindfulness quiz, I scored a 43, so not a complete growth mindset but just below it. I believe I also interpreted some questions incorrectly. For example, it asked if it is more challenging for girls to explore a mathematically based career. I believe women should be in every career but do think that at the present moment it is more difficult to get started. I remember being called a nerd in middle school by the boys in my class because I tested into a higher-level math class. There were very few kinds in that class and none of my friends from my grade and I wished I wasn't there.

I do think all people have the ability to change, learn and grow no matter where they start from and that a starting spot never determines where you'll finish. I think considering the world in this way allows for more internal motivation and also makes you happier than believing that people are inherently bad and not wanting to improve. It is however only possible to change for the better when a person wants to do so and takes steps to further their mental, physical, or even emotional skills.

Looking forward I do think I will try and remind myself to keep this growth mindset when setting goals for myself and when addressing others around me. I know it can be easy to slip and be pessimistic, but life tends to be richer when you and the people you are around the aim to grow and improve every day.

Learning Style

I found my top two learning styles are visual and auditory. I am great at memorizing odd information when I turn it into a song. This of course is not always useful but allowed me to do well in geography classes as I sang locations of countries and their leaders. In coding and design it is best if I can see something demonstrated before trying it myself. The videos that we have now are perfect for doing this.