

1. Do you respond to feedback, suggestions, or criticism with a fixed or growth mindset?  
Why?

I respond to all feedback, suggestions and criticism with a growth mindset. I always feel that these are opportunities to learn new things. Instead of taking criticism as a personal attack I try to reflect upon myself and with openness I try to improve things. For me, setbacks and criticism aren't roadblocks but steppingstones to resilience and progress.

Managing criticism well shows one's emotional intelligence and character. Taking criticism positively and constructively promote both professional and personal development. People who have a development mentality might see criticism as an opportunity to learn rather than as a personal jab.

2. Using a growth mindset, how would you respond to constructive criticism from your peers?

I will approach the material methodically and thoughtfully, going over it carefully and paying particular attention to the important parts that are underlined. I will be able to spot any knowledge gaps and actively look for more materials to fill them by compiling a thorough list of important points. This systematic approach shows a dedication to lifelong learning and self-improvement. Understanding that learning is a continuous process, I am committed to turning any possible shortcomings into chances for improvement. I may develop my abilities, increase

my knowledge, and eventually improve my general grasp of the subject matter by adopting a positive outlook and staying receptive to new information.