

How has your mindset helped another person? Have you unknowingly helped another person because you exercised a growth mindset instead of a fixed mindset?

I think that having an open and “growth mindset” is very important to have in life. It’s like having an open mind and being open to others’ ideas and beliefs...(even if you don’t agree with them). One example of a time where I had a *growth* mindset was when I was a freshman on campus at the University. I am from Montana originally and I found that some people I met and became friends with that were not from Montana had a very fixed mindset. Not everyone I met was like this, but there was a handful. Some people thought, “wow I never thought Montana was like this. I thought it was so country and everyone lived on a farm.” or things like, “wow does it snow all year here?”. Some of these comments I thought were funny, but also these people I met thought this because they either heard it from someone else or were not educated enough about Montana. I personally am someone who tries to keep a growth mindset about many things, especially if I am unfamiliar with a situation. I think it’s better to be open about things than to assume.