The Mindset site had a lot of information that I had not considered before. It’s an easy breakdown of having either a fixed mindset or a growth mindset, but I believe people can also be a mix of the two. For example, I think we have limited intelligence, but we can learn more. I don’t think I could ever be a nuclear physicist, even if I had tried, but I don’t want to be one either so there wouldn’t be much effort put in from me to learn about it. But I do believe talent can be learned, and some people start off with more talent than others but practice does make one better as long as they are not practicing the same things over and over. There was a quote that goes along the lines of “10,000 hours makes you an expert”, and that means you have to put the time in to reap the benefits of what you’re trying to accomplish, and it’s a learning process. Some people are luckier than others and have an innate talent already within them while others need to work much harder, just like studying comes naturally to some people and others really need to put the effort into retaining information.

The results of my Mindset test were “You agreed with 1 of fixed mindset statements, and 8 growth mindset statements. You have mostly a growth mindset.” I think this is true because I am always trying to learn new things, and I know I make mistakes and I will own up to them. I do get anxiety when I make those mistakes, but once I make it, I will never make the same mistake again. Knowing your own strengths and weakness and working towards improving them are important and keep you from staying stagnant. For example, I know I am a procrastinator, but for this semester I have goals in place to turn in homework at least 3-5 days before it’s due. This will give me time to get feedback sooner and I can go back through the lessons and make sure I actually understand the material instead of throwing things together at the last minute. I know some weeks I may not reach this goal but that’s ok, as long as I get the work done and put my best efforts into it and can say that I really did try all that I could to learn the material.