My Thoughts on Mindset

For most of my life, I believe I’ve had a very fixed mindset. I struggled to grow and branch out into new hobbies or experiences, often believing I was either too old to begin something or that something simply wasn’t for me, even if I had never tried it. It wasn’t until I went to college that that began to change, and I believe I’m beginning to move more towards a growth mindset. My score from the Mindset quiz reflects that. I got a 34, which according to the quiz means that I have a growth mindset with some fixed ideas. I’m trying to work towards achieving a more solid growth mindset, and I think the material we’re covering this week will be a good thing to keep in mind moving forward.