

# Habits & Mindset

## Documentation

### **Growth Mindset (Shaun)**

1) I believe my abilities are not fixed; they're changeable. I can develop new skills and abilities through concerted effort.

I agree 100% that abilities can be improved through effort. This is because unlike physical properties like stamina or strength, abilities are learned and developed through effort, practice, and consistency. Evidence: At first when working with Daniel, we had issues working because of the difference in the amount of effort we were willing to put in. I know that I am lacking in my ability to manage others so I used this opportunity to try new ways to force an outcome. This resulted in my teammate being more willing to collaborate in the second half of the quarter.

2) I believe that making mistakes is a natural part of the learning process.

I agree 100% that making mistakes is a natural part of the learning process because mistakes do happen, and we can learn from them so that we don't make the same mistake next time. Even the human body takes this approach towards diseases by creating antibodies. Evidence: We made multiple mistakes in our first presentation. By having multiple practice presentations we were able to eliminate many (but not all) of the issues that we hit.

3) I believe I should judge my progress against my own standards and goals rather than comparing myself with others

I agree 80% that I should judge my progress against my own standards and goals. I am 80% in agreement because my own growth is measured against my own achievements, not those of others. However, I am 20% in disagreement because what we live in is a competitive society where we strive to be better than each other; taking someone else's goals and achievements as a reference is important in my opinion.

4) I believe work is most meaningful when it makes me think hard and is challenging

I agree 100% that work is meaningful when it makes you think and is challenging because work that is not hard and challenging (usually) doesn't introduce anything new that needs to be learned or conquered. For example: the long term project that I had to do during second semester. It was a challenging project by itself and it was made even more challenging when 2 members left the class. It led to even more challenging situations because the other member couldn't grasp the approximate timeframe by which we had to complete certain tasks. Beyond design thinking methods, from this project I learned how to effectively manage stress and health issues caused by lack of sleep, as well as how to manage people. If it wasn't for this challenging project, I would not have learned these extra skills that I will probably find handy in college.

### **Grit (Shaun)**

1) I can maintain focus on projects for extended periods without getting distracted or procrastinating.

I can do that 90% of the time. It was mostly me trying to push the progress of our project so what time did I have to spare? Although I did frequently stop what I was doing to remind my teammate to stop reading his novels. About 2am at home when there was nobody to distract or annoy me, I try to get as much progress done as possible in one sitting until the sun rises.

2) I am resilient; I persist in the face of setbacks.

I believe I am 100% resilient, I have faced numerous setbacks during this course and I have found my own ways to transcend and persist. (sometimes through overkill methods)

3) I am a hard worker.

I am 100% a hard worker because when I commit to a task that I want to complete, I get it done even if that means I don't get to sleep for the second night in a row. I always try to aim for more than the minimum.

4) I finish the tasks I choose to commit to, and bring a strong sense of purpose to my work.

I 100% finish the tasks I choose to commit to. I try to make sure that my work exceeds the bare minimum by a significant margin. The evidence can be seen in the way I organize my website and push myself when making the prototype.

5) I can overcome setbacks to complete difficult challenges.

I can 100% overcome setbacks to complete difficult challenges. The proof is the multiple times our team for the second project was put down due to interesting situations that weren't supposed to happen. Every time that happened, I found ways to force progress in our project and to create a workable prototype without faking anything.

### **Growth Mindset (Daniel)**

1) I believe my abilities are not fixed; they're changeable. I can develop new skills and abilities through concerted effort.

- a) 10/10
- b) I believe that spending effort on the ability I have can improve the ability I have and stepping out from my comfort zone can develop new skills.
- c) Accepting the idea of using Arduino to build our final solution.

2) I believe that making mistakes is a natural part of the learning process.

- a) 10/10
- b) This is the believe for all programmers in the world. Personally, I am the kind of person who don't learn from textbooks or lectures, but from actually working things out with my hands. Try and error is the only way that can lead our project toward perfect.
- c) Writing programs requires tons of debugging, and we all knew that this is the only way to get to our final goal.

3) I believe I should judge my progress against my own standards and goals rather than comparing myself with others

- a) 6/10

- b) I think that comparing to each other is a way I can improve. It's also a way that I judge myself that if I am doing well or not.
- c) I would compare to other people in my group on how much we contribute to the team, and also compare to other group on the progress of the project.

4) I believe work is most meaningful when it makes me think hard and is challenging

- a) 5/10
- b) I don't think a project's value is based on how hard and challenging it is. Some of the easy, simple ideas can be really creative and effective as well.
- c) In reality, me and my team did try to challenge ourselves by thinking hard and coming up with complex, well organized ideas.

### **Grit (Daniel)**

1) I can maintain focus on projects for extended periods without getting distracted or procrastinating.

- a) 6/10
- b) I am really concentrated during work, but only in the case that I have necessary works to work on.
- c) During the prototyping process, due to the jobs separation, there are some moments that I have nothing to do, so I work on my stuff alone. Procrastination is the major issue I face in my everyday life because I hope myself to provide the highest quality of work, but sometimes it took a long time or too much effort that i don't feel like starting it.

2) I am resilient; I persist in the face of setbacks.

- a) 8/10
- b) I don't believe there are any problems in the world that are unsolvable. It is just that matter of time and effort I put in. Some of the problems are just requiring higher education level.
- c) The major error in our project (we can't combine two major programs in our project.) I've tried and research and even find others for help. I work until the last moment even though the research and teacher I've asked told me that it's probably impossible for our level to achieve our goal. At the end, the problem

was left unsolved, but I gave myself a eight because I did try to persist in the face of setbacks.

3) I am a hard worker.

- a) 5/10
- b) I define "hard worker" as to complete the tasks on time and try to help out the group by improving the quality of work I did, but the fact that I only work hard on stuff that I felt like working on make me a 5 I this category... even though I know it's not good on doing this.
- c) I did complete most of the work "assigned" by other on time, but then when I'm not too interested in it. I didn't really go beyond my part. (research, interview, prototype)

4) I finish the tasks I choose to commit to, and bring a strong sense of purpose to my work.

- a) 8/10
- b) Just like what I mentioned previously, I did finished most of the tasks on time, and I knew why I am doing that.
- c) I foresee how the project would be like in the future and the changes it would make to the users who use it. Therefore, even though I don't felt so connected to the project, I will still complete the task since I accept it.

5) I can overcome setbacks to complete difficult challenges.

- a) 8/10
- b) I can and I've tried to overcome setbacks (communication issues and cooperation problem encountered during work), but things doesn't really goes well like what we planned every time.
- c) I gave myself a eight since we have a hard time to come to agreement on deciding on solutions in the group.