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.

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.