

## Mindset

According to the Mindset quiz, I have a “growth mindset”. I really do love to learn and gravitate towards the unknown or challenging in my everyday practice. If I am unsure of something, I watch and learn from others who are more skilled. I often times will partake in experimentation and trust that if I keep persevering, I will prevail from the difficulty of the task at hand.

Mindset is truly about the journey. It is effort rewarded in success. With the internet there is multiple resources out there that will teach you how to do anything. It is truly an exciting time to be alive and be able to have so much at our disposal that we can share.

Being a non-traditional student who has worked many different types of jobs, I was not surprised by the results of this quiz. As I have become older (and hopefully wiser), I feel like I have become more open minded about things and there is not a lot of scenarios that I put myself into that truly bother me when it comes to learning new things. I think it is more important to teach children and adult learners’ “grit”. Grit is what helps us make things meaningful and help us overcome obstacles. With the intense infiltration of electronics and lack of interpersonal or emotional social skills in our society, many people have learned a form of learned helplessness. Many electronics that have been brought into our society, have in ways been detrimental for many people’s growth mindset and the willingness to try new things that make us uncomfortable. For me, I enjoy the challenge.