**Assignment Activity Unit 6**

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**Part 1: Learning Theory**

**Gratification Theory (UGT) Motivation**

The Uses and Gratification Theory (UGT) proposes that our needs, goals and personal opinions are big deciding factors in the decisions we make about what media to consume (Baldwin et al., 2020). Applying this to my education, my decision to pursue my degree was largely due to my interest in my field of study. My need for stability, my career goals, the personal opinions I have about the value of higher education; all these factors shape my desire to take action.

**Part 2: Growth Mindset**

**Fixed Mindset**

While a negative bias is a human tendency that can happen to anyone, regardless of bias (Baldwin et al., 2020), it does engage the fixed mindset. This is because it views failure as a testament of inadequacy, rather than an opportunity to learn something new (Purdue Global, 2024).

**Appreciating Different Perspectives**

When receiving feedback, the growth mindset I most often have is appreciating different perspectives. I am aware that my views are limited to what I have experienced, and recognize that engaging with perspectives different from my own is a great way to broaden my horizons.

**The Power of “Yet”**

The strategy I will incorporate to influence my acceptance of feedback is to remind myself of “yet”. A peer or instructor may have just pointed out an area I need to work on and I may not be good at it, *yet*. Purdue Global (2024) echoes Carol Dweck’s discovery that “yet” tells my brain it will happen eventually; I just need to spend more time practicing.

**Conclusion**

Fixating on the negatives stalls potential. Adopting a growth mindset will allow me take in new information, including perspectives and feedback, and see each experience as a learning opportunity.**References**

Baldwin, A., August, L., Bennett, J., Mathues, S., Monroe, S., O'Leary, MJ., Pearson, A., Troesh, J., & Watts, M. (2020). College success. OpenStax. Licensed under CC 4.0. <https://openstax.org/details/books/college-success>

MyPrivateTutor. (n.d.). *Academic Strengths and Weaknesses of Students*. <https://www.myprivatetutor.ae/blog/academic-strengths-and-weaknesses-of-students>

Purdue Global. (2024, January 8). *What is a Growth Mindset and How Can You Develop One?* <https://www.purdueglobal.edu/blog/careers/develop-growth-mindset/>

**Part 3: Being a Life-Long Learner**

**Personal Strength and Weaknesses**

MyPrivateTutor (n.d.) details that knowing personal strengths and weaknesses will help students to survive and thrive in academic settings. Some academic strengths are curiosity, organization, and self-directed learning. Academic weaknesses include a fear of failure, procrastination, and a lack of focus.

**Two Strengths:**

**First Strength.**

My biggest strength is curiosity. I have an innate desire to learn new information and acquire knowledge.

**Second Strength.**

Another strength of mine is that I am comfortable with self-directed learning. I started following my interests before the opportunity for a Bachelor’s degree was available to me.

**Two Weaknesses:**

**First Weakness.**

My most prominent weakness is poor time management skills. This leads to last minute essays and stress.

**Second Weakness.**

Another weakness I have is poor organization. This has me constantly without complete notes.

**Approaching My Self-directed and Life-Long Learning**

In order to be a self-directed and life-long learner, I will celebrate my strengths and work on my weaknesses.

**Using Strategies to Develop G.R.I.T**

I will adopt a growth mindset. I will persevere when faced with challenges. I will see failure as a learning opportunity. I will try again when I don’t succeed at first. These are the strategies I will use to develop G.R.I.T.