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Class : ML-48

1

I feel intimidated by other's accomplishments

I see that my friend has learned React framework. React hasn't been even given in my college. I feel I'm not good enough, I look down at myself

- Why I feel intimidated by it? I think myself is not good enough
- Why I feel not good enough? I feel too slow on catching up to latest trend.
- Why don't catch up to latest trend? I have a lot of volunteering job to learn softskill.

Growth Mindset

Everyone is moving at their own pace. Don't value myself, with other's accomplishment. We build differently. Be grateful because now I can ask my friend to learn that new skill.

2

I am not working hard if I know I'm going to fail

When in SBMPTN, I feel there must be someone on other campus that is better than me. Then I don't study at all and answer it carelessly. I got rejected.

- Why do I don't work hard? Because I feel someone else is better
- Why do think someone else it better? Because I am pessimistic

Growth Mindset

There's an experience comes with losing. I can see failures as an opportunities to learn, reasses and do better next time.

3

I can't take feedback constructively

Whenever someone criticized me, I feel resentful, and I feel like my work is wasted. It feels like they don't appreciate my effort.

- Why do I can't take feedback well? I think they disrespected my effort
- Why do I think of it that way? I won't criticize other if they give effort.

Growth Mindset

Everyone expresses their opinion differently. Some can't construct well criticism, that causes unwanted attack. I can learn other's perspective and to focus on value that will be useful to me.