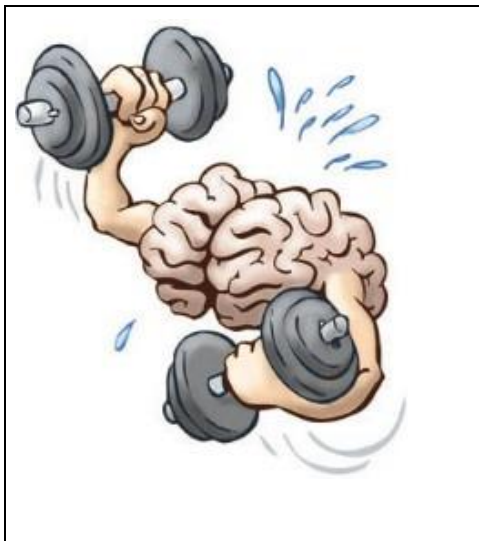


Brain Plasticity: The brain is a muscle ... Use it or lose it. *Maria Diamond*



In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort. They're wrong.

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had these qualities **Carol Dweck**

Take risks in the company of others.

Stop trying to save face all the time and just let yourself goof up now and then. It will make it easier to take risks in the future.

Think realistically about time and effort.

It takes time to learn. Don't expect to master every topic under the sun in one sitting.

Take ownership over your attitude.

Once you develop a growth mindset, own it. Acknowledge yourself as someone who possesses a growth mentality and be proud to let it guide you throughout your educational career.



Skills:

- Listening
- Creative
- Measurements
- Reflection
- Community

Activity: Discuss the following statement:

Acknowledge and embrace imperfections. *Hiding from your weaknesses means you'll never overcome them.*

How do you do this? _____

Discuss as a Team and report back to group

