




7. Why do you feel this area of learning is a success for you? 


Enter your answer

8. In your own words, what does it mean to have a 'fixed mindset'? 


Enter your answer

9. What are some words or phrases that come to mind when someone has a fixed mindset? (Ex. I can't do this!) 


Enter your answer

10. Can you name an area of learning, or subject, where your self talk is not helpful to your learning? 


Enter your answer

11. What emotion/emotions do you feel? (our Mood Meter words) 


Enter your answer

12. Why might this area of learning be difficult for you? 

Enter your answer

13. *Bonus question #1: What do you do when you are feeling stuck (what strategies do you use to try to get 'unstuck')? 

Enter your answer

14. *Bonus question #2: What is an area of learning right now where having a growth mindset is helpful? 

Enter your answer

Submit