**Week 1**

**Reflective Journal: Mindset**

For this reflection, you are encouraged to step outside of your comfort zone, dig deep, and be honest with yourself. Keep in mind that there are no right or wrong answers. Therefore, you will not be graded on specific content in your journal. You will be assessed on the depth of your reflection, so take this opportunity to inspire personal thought and ideas.**Note: This journal templatehas two parts that you need to complete.**

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**Part 1**

Directions: Respond thoroughly and honestly to each prompt.

1.Describe how you felt when you read through your results of the Mindset Assessment. Were you surprised? Did you agree? Why or why not? Provide examples to support your response.

2. Choose three strategies from the “25 Ways to Develop a Growth Mindset” article and explain how you will use each strategy in your academic, personal, or professional life to help you develop a growth mindset.

3. Explain what you learned about how a growth mindset can help you learn.

*(Scroll down for Part 2.)*

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**Part 2**

**Directions:**Did you know that what you say to yourself or others can boost your productivity, confidence, and relieve stress? When you replace negative phrases with more positive ones, you can change your outlook and your outcomes.

Below are some common negative statements that students tell themselves. Restate them using a growth mindset perspective. The first two are done for you as an example.

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| **Original Statement** | **Statement Reframed** |
| This stuff is too hard. I’m not going to pass the test. | **EXAMPLE:**The test is hard, but if I get help and study, I can pass the test. |
| I am no good at math. | **EXAMPLE:**I struggle with math because I don’t work very hard at it. When I work hard and solve the problem I grow my brain capacity. |
| I got a terrible grade. My teacher must hate me. |  |
| This assignment is impossible. |  |
| This is a waste of my time. It has nothing to do with my major. |  |
| I don’t get it. I give up. |  |
| I’m worried I might make a mistake. |  |
| I’m too embarrassed to post my response. |  |
| I don’t think I’m advanced enough. I’m not prepared. |  |
| I don’t know if this is for me. I’m too old. |  |
| I’ve never been a good student. |  |
| This task looks too hard. Why bother trying? |  |

**Take it one step further.** (Optional) You’re encouraged to start a log of your own reframed statements.When you catch yourself exhibiting a fixed mindset or engaging in negative self-talk, take a moment to rephrase your thinking with a positive statement. Use this chart below to get started.

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| **Original Statement** | **Statement Reframed** |
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