

Section 2: Learning Styles

Mindsets

Regardless of your learning style, you need to be open to change and want to learn. Your “mindset” refers to how you see yourself. It influences your life, your academic achievements, and how well you learn new skills. A person’s mindset shapes how they approach problems and mistakes. It’s important to have a growth mindset.

Fixed Mindset

- You believe you are born smart in certain areas and that doesn’t change.
- You only like to do things you’re good at and don’t want to try new things.

Growth Mindset

- You can learn and do anything!
- Through hard work and determination you can develop any skill, and achieve success.
- You try new things, even if you are not good at them at first.

Practice makes perfect! You can help your peer develop a growth mindset using the power of the word “YET”! Although something may be difficult now and they may feel discouraged, remind them to think about it as a challenge, that with work, they can overcome and grow! Practice changing the following fixed mindset statements to thoughts with more of a growth mindset. You can find some examples in the answer key on page 17.

INSTEAD OF ...	TRY THINKING ...
I’m not good at this!	→
I give up!	→
My friend can do it but I can’t.	→
I made a mistake!	→
This is too hard!	→
Plan A didn’t work	→
I’m afraid I’ll make a mistake	→
I’m not good enough	→

