



Name _____

Class/Period _____

Date _____

Mindset

What does it mean to be smart?

Warm Up:

1. T or F	You are born as intelligent (smart) as you will be.
2. T or F	You can change how intelligent (smart) you are.
3. T or F	In life or at school when something is hard I try harder and put forth more effort. I can get better at it if I work hard.
4. T or F	You cannot change how talented you are at something (soccer, math, science, an instrument, etc.)
5. T or F	At school or in life when something is hard I just give up because it means I am not good at it, and I can't get any better.

Fixed vs. Growth Mindset:

Fixed Mindset	Growth Mindset
<ul style="list-style-type: none"> • Some people believe that <u>intelligence</u> is something that you are <u>born with</u>. • These people want to look smart, so they: <ul style="list-style-type: none"> ▪ Avoid challenges ▪ Give up easily ▪ See effort as a sign of weakness ▪ These people reach a certain level and then stop getting smarter. 	<ul style="list-style-type: none"> • Other people believe that <u>intelligence</u> is something that you need to <u>develop</u>. • These people treat their brain like a muscle. • People with a growth mindset <u>want</u> to be challenged because they <u>want</u> to have a strong brain. • <u>Smart</u> is not something you are, it <u>is</u> <u>something you get</u>. • These people get smarter and smarter.



Assignment 1:

- Write one way that you will avoid having a fixed mindset in school this year.
- Write two ways that you will try to have a growth mindset.

When I don't do well at something, I will try not to

Instead I will try to (1) _____

and/or (2) _____

No more Negative Thoughts:

How Can I get rid of Negative Thoughts?	
<ul style="list-style-type: none">• When you give yourself negative messages, like: “I’m not good at this” “I’m going to fail”• You are holding yourself down. The negative thoughts bring anxious or sad feelings that distract you!	<p>Try this to get rid of negative thoughts:</p> <ol style="list-style-type: none">1. Write down the negative thought I’m not good at this2. CROSS IT OUT and write a positive thought! I’m not good at this I <u>CAN</u> get better at this if I practice.

Assignment 2:

- Write down one negative thought you have had recently about something at school.
- Then cross it out and rewrite it to be positive.

Negative Thought: _____

Rewrite it as a positive thought: _____
