
GROWTH MINDSET

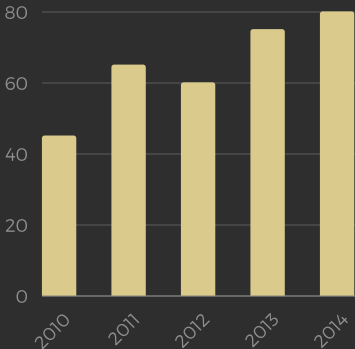
HOW TO RESHAPE YOUR MINDSET



BELIEF THAT SUCCESS IS BASED ON
HARD WORK, LEARNING, AND
DEDICATION



40% OF STUDENTS
HAVE A FIXED
MINDSET, SO 60% OF
STUDENTS HAVE A
GROWTH MINDSET



RESEARCH SHOWS THAT IT'S
THE WAY PEOPLE THINK
ABOUT THEIR ABILITY THAT
REALLY COUNT

ASPECTS OF THE GROWTH MINDSET

THE BELIEF THAT YOU ARE IN CONTROL OF YOUR OWN
ABILITY, AND CAN LEARN AND IMPROVE IS THE KEY TO
SUCCESS

HARD WORK, EFFORT, AND PERSISTENCE ARE ALL IMPORTANT,
BUT NOT AS IMPORTANT AS HAVING THAT UNDERLYING BELIEF THAT
YOU ARE IN CONTROL OF YOUR OWN DESTINY

BENEFITS OF THE GROWTH MINDSET



ENABLES US TO
SEE THINGS WITH A
POSITIVE OUTLOOK



PUSHES US TO WORK
HARDER AND BETTER



HELPS OUR MENTAL
HEALTH



KEEPS US OPTIMISTIC
OVERALL
