

Growth Mindset and Helen Keller

Helen Keller is someone who faced barriers and overcame adversity much of her life. She did not let the obstacles prevent her from achieving her goals. Just before she turned two years-old, she lost her ability to see and to hear. She lived in complete darkness and without sound. Many of her relatives thought she should be institutionalized as they thought she was crazy. Despite being deaf and blind, she learned to read and to write. She went on to become an author and dedicated her life to improving the lives of others who were either deaf and blind or both. Her struggle to overcome adversity made her a hero to millions.



Helen's famous words were *"We can do anything we want to if we stick to it long enough."*

Your task:

Do some research about Helen Keller. Find out which growth mindset strategies she used, check them off and explain how she used each of them to finally achieve her goals.

- confronts problems, challenges and obstacles
- learns from mistakes
- is resilient
- is persistent
- believes in themselves and uses positive self-talk
- believes ability improves with effort and practice
- learns from criticism and feedback