

Advice Needed # 1

TASK: Take a look at each of the statements below. Respond in a way that helps to change the fixed mindset to a growth mindset. Respond as though you are supporting your good friend. When you respond, check the strategies that will help in the box.

“I didn’t make the team last year so why should I try out this year?”

- Persistence
- Effort
- Learn from mistakes
- Embrace challenges
- Positive Outlook
- Believe in myself
- Request assistance when needed
- Other:

“Great! Another science test. For sure I’ll fail it, I’m lousy at science.”

- Persistence
- Effort
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- Other:

“I can’t fix it. I don’t even know where to start. Sure, I want it fixed but I don’t know the first thing about fixing things.”

- Persistence
- Effort
- Learn from mistakes
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- Other: