

Advice Needed # 2

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.

“No point introducing myself, nobody likes me so why bother trying to make a new friend?”

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

“I have too much homework, I’ll never finish it and it won’t be right anyways.”

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

“I’m not trying out for the part, everyone thinks I’m weird, they’ll pick someone better at performing than me anyways.”

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