

My Learning Attitude

A growth mindset often requires a change of attitude and inner thinking.

A fixed mindset: *I was born this way and my intelligence and talent or lack of is what it is.*

A growth mindset: *Over time, I can improve intelligence and talent over time with effort, a positive work ethic and persistence.*

Rate yourself using the scale below. Make a summary of your strengths and weaknesses. What can you do to improve the weaker areas?

① Agree ② Somewhat Agree ③ Disagree

_____ I bounce back when things don't go quite as I expected.

_____ Learning is important

_____ I will tackle the hard stuff

_____ I am good with change.

_____ I rarely think the worst

_____ I set out to make each day a good one

_____ I can change the way I think

_____ I have a 'can do' attitude

_____ I enjoy challenges

_____ I am not afraid to admit my mistakes

_____ (other)