Developing a Positive Mindset
Perhaps You are Used to This
What if you see this?

Journal Reflection: How have you responded to disappointing grades in the past? What have you thought? What have you felt?
Popular Interpretation 1:
This grade confirms my lifelong suspicion ...
I am just stooooopid!
Popular interpretation #2: This grade confirms my semester-long suspicion: The teacher is stoooooopid.
Popular interpretation 3: The Teacher Hates Me!
Journal: If a person believes these things, what actions will she take?

- I’m stupid!
- The teacher is stupid!
- The teacher hates me!
- I just suck at English (or Math, or History, or...)!
Fixed Mindset

- An F on a test means I am a failure.
- The situation is fixed: there is nothing I can do to change it.

http://mindsetonline.com/index.html
Science says: You can change your brain!

Every time you give your brain a workout, you get smarter!
Positive Responses

- I will just work harder!
- I will meet with the teacher so I understand what I did wrong!
- I will visit the ILC!
- I will visit the writing center!
- I will do the reading more carefully!
- I will dedicate more time to the essay!
- I will turn in all my drafts on time!