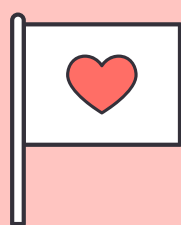


5 STEPS TO DEVELOPING A GROWTH MINDSET



Cultivate a Sense of Purpose

A purpose or a goal no matter how small can help us get through times where our motivation is low. Whether the goal is to graduate with a degree or to finish work in time to go out with friends. Keep the big picture in mind.



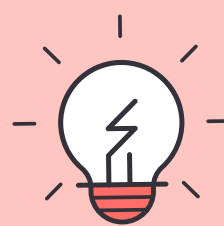
Embrace your Areas of Growth

Embrace any weaknesses that you may have and learn how to work with them. Hiding from your weaknesses means you'll never overcome them. Instead of thinking "I can't do this" try thinking "this will take some time but I will learn".



Disassociate Improvement from Failure.

Stop assuming that "room for improvement" translates into failure. Any area that you may struggle in is not a lost cause, rather it is an area where you can grow. We just need to figure out how to get there.



Try Different Learning Tactics

There is no one size fits all model for learning. What works for one person may not work for you. It is possible that the way a class is set up will not suit your learning style. Try new and different things to find out what the best way to learn is for you.



Ask for Help and Learn from Others.

Having a growth mindset is not just having the motivation push through difficulties but also taking that next step to get help to do so. Feel lessons and inspiration in the successes of others and allow those people to help you succeed as well.

For more information on growth mindset , visit our site!

Learn more at <https://sarc.sdes.ucf.edu/ace/>

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