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|  | **Fixed Mindset** | **Mixed Mindset** | **Growth Mindset** |
| **Taking on Challenges** | You avoid challenges. | You take on a challenge if you’ve been successful at something similar. | You look forward to the next challenge. |
| **Learning from Mistakes** | You see mistakes as failures. You may hide mistakes. | You are willing to learn from mistakes, but don’t know how to move forward. | You reflect on what you learned from the mistake and apply it to trying again. |
| **Accepting Feedback** | You feel defeated by criticism and want to quit. | You might feel okay about criticism if you really want the help. | You see criticism as supporting your learning, and you learn from it. |
| **Practicing** | You do not use strategies to complete the task, or you do not practice the skill. | You like to practice but only if you feel like you’re “good at” it already. | You enjoy the process of getting really good at something. You may set your own practice plans. |
| **Perseverance** | You give up at the first sign of struggle. | You persevere but only when you are prompted and supported. | You “stick to it” and keep working confidently until the task is complete. |
| **Asking Questions** | You don’t ask questions or don’t know which questions to ask. | If you think it’s too hard for you, you won’t ask questions. | You ask questions of the teacher, the task, and yourself. |
| **Taking Risks** | You are not engaged in the task. If it’s too hard, you turn in incomplete or copied work. | You will take risks if you have done something similar before. | You begin confidently, risk making mistakes, and openly share your work. |

My goal for next time: