

Growth Mindset

Goal Setting Examples

- **I will work longer at trying to figure something out. I will not give up quickly.**
- **I will have high expectations of myself**
- **I will ask questions when I can't figure something out.**
- **I will review all of my work and modify or redo it to improve it.**
- **I will no longer think or say "I can't do this" or "I don't get this". I will continue to try and work it out or seek help.**
- **I will request time after class to work with my teacher to make sure I understand.**
- **I will spend time every day practicing _____ skills.**
- **I will try to approach things in a new way if I am not yet having success.**
- **I will ask for more challenging work if the work presented does not require much effort.**
- **I will not be afraid to make mistakes and will learn from any failures.**
- **I will give the effort required in all lessons so that I develop my neuron connections.**

Growth Mindset Goal:

I will work longer when I am trying to figure something out. I will not give up quickly.

Strategies or things I might do to help reach my goal:

Every time I get stuck on classwork or homework I will not automatically give up. I will try to figure it out maybe in a different way or I will use the resources like my book or support materials. I will work a longer time until I figure it out but if I can't find the help I need, then I will ask the teacher or adults at home.