

From: Google Forms forms-receipts-noreply@google.com
Subject: Journal 1: Growth mindset
Date: August 30, 2023 at 4:39 PM
To: gopika.das@richmond.edu



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Here's what was received.

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Journal 1: Growth mindset

Submit your responses on this form no later than 11:59pm Eastern time on the day on which the assignment is due.

Email *

gopika.das@richmond.edu

Your LAST/family name: *

Das

As you watch the three videos below, reflect on these questions: (1) What is one new or interesting idea you observe? (2) Is the message to just keep grinding and working hard and you will finally achieve success, or is it more complicated than that? and (3) How might you apply what you observed to

your experience in this class?

Write 1-2 paragraphs (3-5 grammatically correct sentences) about your reflections. These journals will become part of your final assignment for the class, so keep the email receipt with your responses! *

Growth is more about how much you learn from repeated failures than it is about how many times you do something correct. It's quality over quantity. Growth is not about numbers but about learning from failure. Challenges should be seen as room for growth. Failures should not be a reason to be distraught, rather it's a reason to be more motivated to do better in the future. Becoming stressed in a fixed mindset causes people to not even want to grow but to find loopholes around it. I think because this class is mastery-based, it's going to be easier to not get stressed about getting a certain score range. I'll start using a growth mindset and not compare myself to other students who do better or worse than me. I'll focus on improving my own math skills without focusing on scores.

Watch Michael Jordan commercial on failure

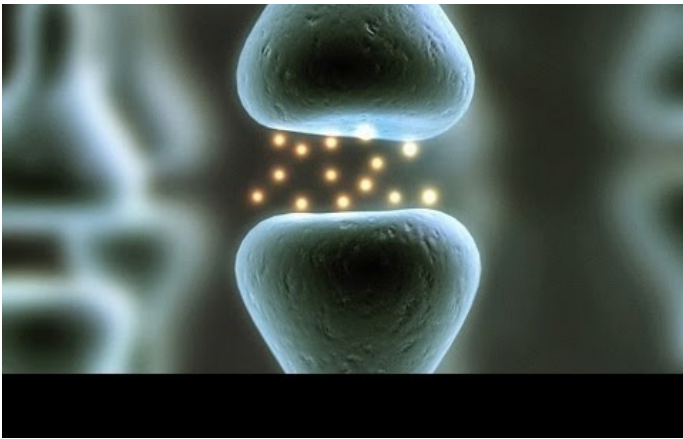


<http://youtube.com/watch?v=JA7G7AV-LT8>

Length (0:32), click "YouTube" for large screen

Watch "The Power of Believing You Can Improve"

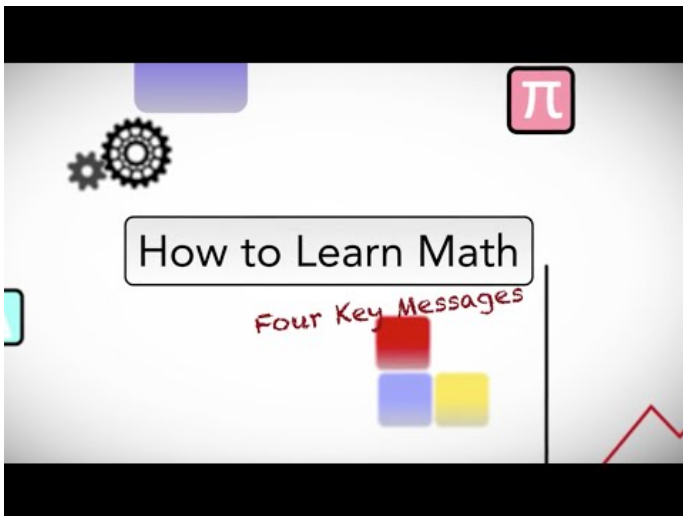




http://youtube.com/watch?v=_X0mgOOSpLU

Length (10:13), click "YouTube" for large screen

Watch "Boosting Math"



<http://youtube.com/watch?v=bxrPy1fjVU4>

Length (8:35), click "YouTube" for large screen

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