

GROWTH MINDSET & WRITING

CHANGE YOUR WORDS, CHANGE YOUR WORLD



EXAMPLES OF FIXED MINDSET VS GROWTH MINDSET

I HAVE TO DO RESEARCH TODAY

I GET TO DO RESEARCH ON
SOMETHING IMPORTANT TODAY

I JUST
DON'T GET IT

I DON'T GET IT YET
SO I'LL ASK
FOR HELP

FAILURE MEANS I
STOP TRYING

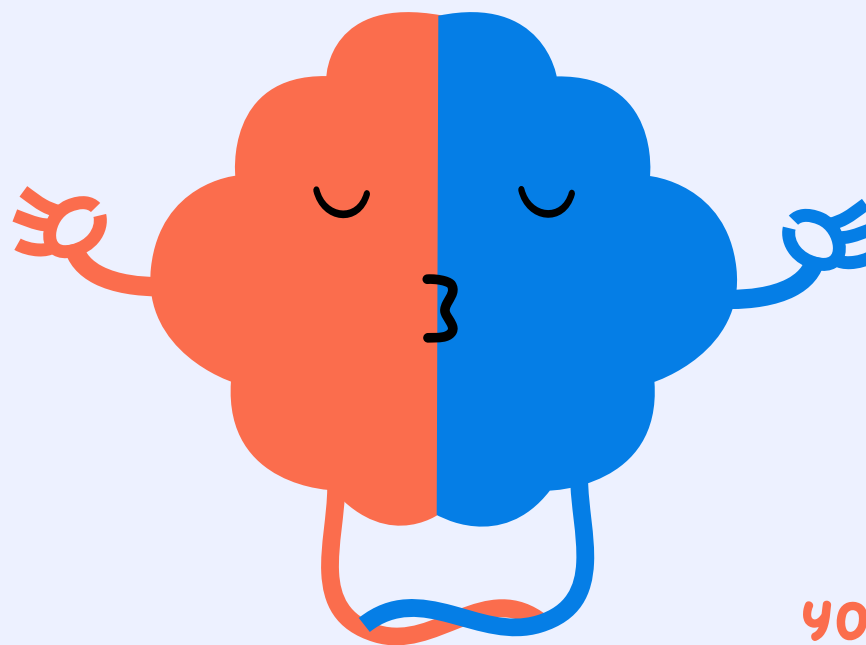
FAILURE IS AN
OPPORTUNITY
TO LEARN

I CAN'T DO IT

I WILL TRY
MY BEST

I STICK TO
WHAT I KNOW

CHALLENGES AND
TRYING NEW
THINGS WILL HELP
ME GROW



I HAVE TO
WORK HARDER
I'M WILLING TO
WORK HARDER

YOU'RE EITHER GOOD
AT SOMETHING
OR YOU'RE NOT

I WILL PRACTICE
UNTIL I GET BETTER

I MADE A MISTAKE
I LEARNED A LESSON

OBSTACLES & STRATEGIES

MIND MAP

STRUGGLE TO START

- **Fast-write:** Set a timer for short bursts of writing segments (just write & don't worry about grammar or organization)
- **Talk it out:** seek a trusted friend or come to the writing center for a second opinion

STUCK WHEN DRAFTING

- **Get Curious:** ask three questions about your topic. Now, try to answer them yourself. Ask someone what their answers might be to that question. Do some research to find the answers and synthesize them.
- **Fast-Write**



GIVING UP DURING OBSTACLES

- **Take a break** -- Take 5 minutes to get a snack or hydrate or go for a quick walk.
- **Rethink** -- obstacles are temporary! What is another way to think about a problem?
- **Do it differently**-- go from using a laptop to using paper & vice versa **or** work outside/with someone else

WORRIED ABOUT GRADE & FEEDBACK

- **Focus on long-term goals** -- What has this challenge taught you? Where can this information take you in five years?
- **Focus on the strengths & strategize the weaknesses**
- **Collaborate/ask for help** --- writing can be discussed with a professor or tutor

THE POWER OF “YET”

Turn your negative thoughts into **positive ones**
& **STRATEGIZE**

- I can't write a strong thesis statement...**yet**, so I need to get some help from a professor, classmate, or tutor.
- I'm not a capable researcher...**yet**, so I will make an appointment with a librarian to learn how.
- I don't know how to organize my thoughts...**yet**, so I will try some freewriting and research brainstorming or outlining strategies to try afterward.
- I'm not sure how to incorporate source information...**yet**, so I will schedule an appointment with a writing tutor and ask them how.

Remember that these are skills you can build at any point!

