



Adopting a Growth Mindset

The belief that intelligence and abilities can grow and improve with effort and practice is important to success. This growth mindset helps us to view most situations as learning opportunities instead of setbacks. What could you work on?



Negative views can keep us from viewing our struggles as learning opportunities.

- Focusing on the role others play in your stumbling blocks.
- Believing the world is out to get you.
- Experiencing everything as a personal attack.
- Believing you deserve special treatment.
- Using struggles to justify unhealthy behavior.
- Spending too much time in past or future.
- Surrounding yourself with those who don't hold you accountable.
- Preparing lists of reasons why a solution won't work.
- Responding defensively.
- Avoiding difficult conversations.
- Comparing and one-upping others' struggles.



Adopting a growth mindset means choosing patterns that help us feel safe and in control.

- Exploring your false beliefs and thoughts.
- Taking responsibility.
- Treating others with respect.
- Acknowledging the role you play in your stumbling blocks.
- Acknowledging that you have control over many things.
- Practicing gratitude.
- Building your resilience.
- Taking responsible risks.
- Establishing boundaries.
- Educating yourself.
- Being vulnerable.
- Reaching out for help and support
- Being kind to yourself.
- Meeting your needs, especially for healthy food, exercise and sleep.

If you are struggling and need additional help developing healthy thought patterns, please access these additional USU resources.

<p>Counseling and Psychological Services</p> <p>Make an appointment</p>	<p>Academic Success Coaching</p> <p>Make an appointment</p>	<p>USU Acceptance and Commitment Therapy</p> <p>Online Self-Help Program</p>
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For more information on the **USU Academic Resource Finder**, **Habits of Mind** courses and sign up with an **Academic Success Coach**, visit

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