



SELF-REGULATION SERIES

HOW TO

Develop a Growth Mindset

Not This



I don't know how to do this.



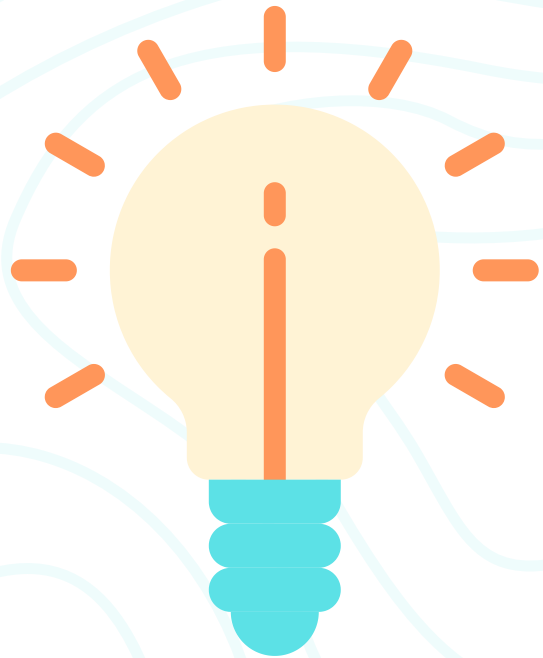
Critique and feedback are always about me personally.



This task is challenging, I can't do it.



If I ask questions I'll look unintelligent



But That



I can learn how to do something I don't know.



Feedback helps me move forward and get better.



This task is challenging, but I can try again.



Asking questions will help me learn and get clarity.



Reference:

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<https://ecampusontario.pressbooks.pub/paths/>