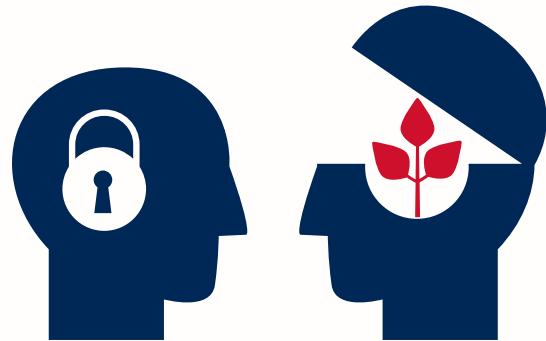


The Growth Mindset

Embrace Learning with Confidence

WHAT IS A GROWTH MINDSET?

A growth mindset is the belief that abilities, skills, and intelligence can be developed over time through learning, effort, and support. Instead of seeing challenges as signs of failure, a growth mindset views them as opportunities to grow and improve.



FIXED MINDSET

- Believes abilities are set and cannot change
- Avoids challenges out of fear of failure
- Views mistakes as personal shortcomings

GROWTH MINDSET

- Believes skills and abilities can be developed
- Sees challenges as part of learning
- Uses mistakes as feedback for improvement

HOW CAN A GROWTH MINDSET HELP YOU?

Adopting a growth mindset can help adult learners:

- Build confidence when returning to school after time away
- Manage self-doubt and imposter syndrome by reframing negative thoughts
- Persist through challenges like balancing school, work, and family
- Embrace feedback as a tool for learning rather than criticism
- Recognize progress, even when it feels slow

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