

GROWTH

Mindset

The belief that our abilities and intelligence can be developed and improved through effort and dedication.



Benefits

IMPROVED ABILITY
TO **HANDLE STRESS**

INCREASED **MOTIVATION**

INCREASED
SELF-ESTEEM

POSITIVE LEARNING
ATTITUDE

IMPROVED **RISK-TAKING**

IMPROVED **LOVE**
OF LEARNING

IMPROVED **PROBLEM**
SOLVING SKILLS

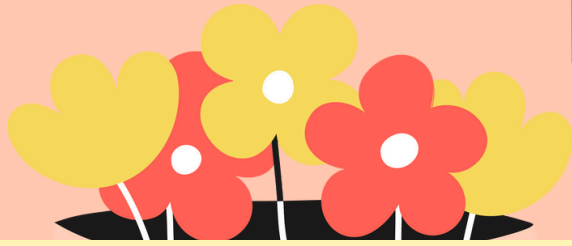
BETTER **PERFORMANCE**

IMPROVED
RESILIENCE

GREATER **ENGAGEMENT**

What it looks like

- Embracing challenges
- Reframing mistakes as learning opportunities
- Seeking feedback
- Being persistent
- Being open to new ideas
- Celebrating successes
- Taking responsibility for learning
- Being resilient



SOCIAL EMOTIONAL Learning

Self Awareness

Identify emotions, recognize strengths and needs, develop a growth mindset



Self Management

Manage emotions, set goals and control impulses



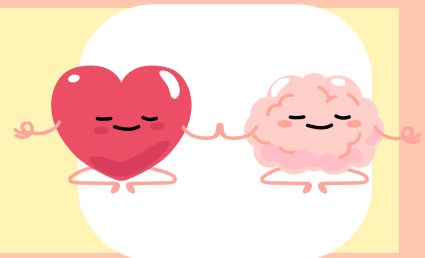
Social Awareness

Appreciate diversity, empathy, seeing from other perspectives



Relationship Skills

Communication, conflict resolution, cooperation



Responsible Decision Making

Natural consequences for actions

