

Journal Entry 1: Math Growth Mindset

Date:

(taken/adapted from Mindset by Carol Dweck and other sources)

Answer the following questions

Remember:

- Organize each topic into its own paragraph(s)
- Rephrase the question in the first sentence in your first paragraph to begin your answer (so you remember what the question was)

What is your favourite part about learning and practicing math?

What is your *least* favourite part about learning/ practicing math?

Describe any feelings you experience when you see math in the schedule for the day?

Now, choose a couple of the following questions to answer in your math journal

Remember:

- Organize each topic into its own paragraph(s)
- Rephrase the question in the first sentence in your first paragraph to begin your answer (so you remember what the question was)

- What is the difference between a FIXED mindset and a GROWTH mindset? How can we build a positive mathematical mindset community?
- What were some of your strengths and weaknesses in math? What is your plan to improve in your areas of weakness?
- How did your parents and/or teachers praise you as you were growing up? Did they tell you how “smart” you were or did they focus on how hard you worked? How do you praise *others*?
- Is there someone in your life (a parent, teacher, friend, boss) with a fixed mindset – someone who won’t take risks, who can’t admit mistakes, who falls apart or gets defensive after setbacks? Do you understand that person better now?
- How do you act toward others in your classes, your dorms, etc.? Are you a fixed-mindset student, focused on being smarter than others? Or, do you take advantage of the learning opportunities available to you through your peers?
- Was there a difficult transition in your life where you fell into a fixed mindset and lost confidence in your abilities? Describe it.
- When do you feel smart? When you’re doing something flawlessly or when you’re learning something new?
- Can you think of a time you faced an important opportunity or challenge with a fixed mindset? What were your thoughts and worries – about your abilities? About other people’s judgments? About the possibility of failure? Describe them vividly.
- Think of times other people outdid you and you just assumed they were smarter or more talented.
- Are there situations where you get “stupid”, particularly in math– where you disengage your intelligence?