

Mindset Maintenance

Developing and maintaining a growth-oriented mindset will help us become better and more adaptable learners. Having a growth mindset includes both the belief that you can improve your learning abilities and skills, and a dedication to considering outside guidance, perspectives and offers of support.

The Five M's of Mindset



- **Monitor:** Identify your reaction to **challenging situations, constructive criticism, new perspectives** or **offers of support**. What can you learn from these experiences?



- **Manage:** Evaluate the effectiveness of your reaction if you acted on those emotions. How could these feelings affect the outcome of your situation?



- **Maintain or Move on:**

- **Maintain** - Maintain reactions that allow you to learn and grow. Continue to reflect on these situations.

- **Move on** - If your feelings and mindset are harmful or unhelpful, acknowledge these feelings, but search for ways to grow and learn.

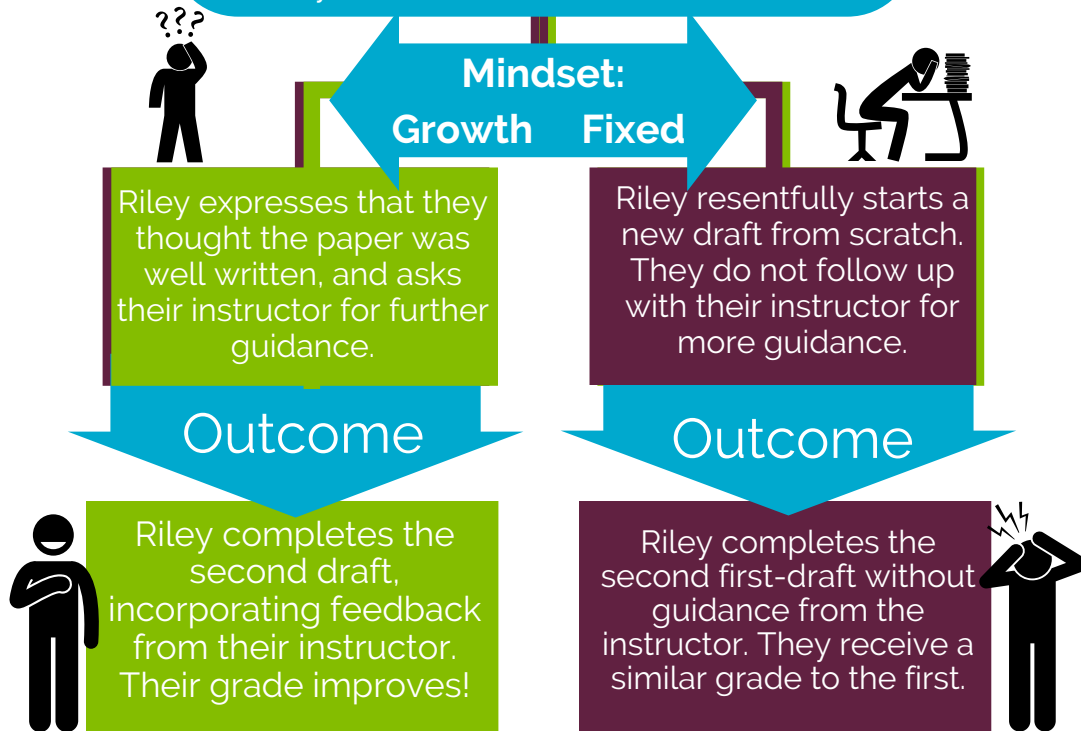


- **Motivate:** Reinforce and nurture your growth mindset. Believe in your own ability to learn, adapt, and overcome challenges. Treat yourself with patience and empathy.



Example:

Riley receives a grade on a first draft for their final paper, which they feel is harsh. Riley is now frustrated and stressed.



Fixed beliefs are not inherently bad. They may be valid, help us feel safe, or help us understand ourselves. But they can be limiting when it comes to learning. How we respond to discomfort and take responsibility for our learning has a major impact on our success and experience as learners.



To learn more, book a one-on-one coaching appointment or attend a Learning Skills Workshop! Visit www.smu.ca/studentsuccess

