

Word Journeys 3

Growth Mindset

growth mindset	When students and educators have a growth mindset, they understand that intelligence can be developed. Students focus on improvement instead of worrying about how smart they are. They work hard to learn more and get smarter. Based on years of research by Stanford University's Dr. Dweck, Lisa Blackwell Ph.D., and their colleagues, we know that students who learn this mindset show greater motivation in school, better grades, and higher test scores. ¹
fixed mindset	<p>In a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb.²</p> <p>In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort³</p>
perseverance	steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement.
persistence	the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people.
resilience	the ability to become strong, healthy, or successful again after something bad happens
grit	Grit in psychology is a positive, non-cognitive trait based on an individual's passion for a particular long-term goal or end state, coupled with a powerful motivation to achieve their respective objective. This perseverance of effort promotes the overcoming of obstacles or challenges that lie within a gritty individual's path to accomplishment, and serves as a driving force in achievement realization. ⁴
self-discipline	Training and control of oneself and one's conduct, usually for personal improvement. ⁵
effort	<ul style="list-style-type: none"> • work done by the mind or body : energy used to do something • a serious attempt to do something • something produced by work⁶

¹ (2009). The Science: The Growth Mindset - Mindset Works ... Retrieved October 26, 2015, from <https://www.mindsetworks.com/webnav/whatismindset.aspx>.

² (2011). Mindset - Wikipedia, the free encyclopedia. Retrieved October 26, 2015, from <https://en.wikipedia.org/wiki/Mindset>.

³ (2006). Mindset | What is Mindset. Retrieved October 26, 2015, from <http://mindsetonline.com/whatisit/about/>.

⁴ (2011). Grit (personality trait) - Wikipedia, the free encyclopedia. Retrieved October 26, 2015, from [https://en.wikipedia.org/wiki/Grit_\(personality_trait\)](https://en.wikipedia.org/wiki/Grit_(personality_trait)).

⁵ (2004). Self-discipline - The Free Dictionary. Retrieved October 26, 2015, from <http://www.thefreedictionary.com/self-discipline>.

⁶ (2005). Effort | Definition of effort by Merriam-Webster. Retrieved October 26, 2015, from <http://www.merriam-webster.com/dictionary/effort>.

Capitalization Exercises ⁷

A. DIRECTIONS: Circle the words in the following sentences that need a capital letter.

1. my favorite books are green eggs and ham and horton hears a who.
2. on sunday, i will see the movie star wars and eat at taco bell.
3. terry and louis went to central park last july.
4. she has a friend from london, england.
5. did you know that abraham lincoln was the sixteenth president?
6. friday is the best day because we order pizza from domino's.
7. the best television shows are spongebob and ed, edd, and eddie.
8. my favorite song is we will rock you.
9. king arthur ruled over camelot.

B. DIRECTIONS: Put an X if the sentence is capitalized incorrectly and a C if it is capitalized correctly.

1. _____ Big Ben of London is a clock.
2. _____ I drove east to the city and turned north.
3. _____ My family supports the American cancer society.
4. _____ Yellowstone National Park is a great Park.
5. _____ I work for the New York Times.
6. _____ She is a republican and proud of it.
7. _____ The Emancipation proclamation was issued in 1862.
8. _____ Buddhists have been around a very long time.
9. _____ The Sidney Opera House is a Gorgeous Building.
10. _____ The Bronze Age lasted for several thousand years.

⁷ (2013). Capitalization Practice - English Grammar Rules & Usage. Retrieved October 26, 2015, from <http://grammar.yourdictionary.com/for-teachers/capitalization-practice.html>.