

Growth Mindset Letter to Future Self

Objective: Help students visualize progress and reinforce the importance of persistence.

Instructions:

- Write a letter to your future self (at the end of the semester or year) describing:
 - Your current challenges and doubts.
 - The strategies you plan to use to overcome them.
 - Words of encouragement for your future self.
 - What success will look like beyond just grades.
- Submit the letter, which will be returned to you at the end of the term.

Assessment: Completion-based; students must demonstrate effort in crafting a meaningful letter.

Grading: Credit/No Credit