

Challenge: Learn from Other Students

For this challenge, use the Quotes from Students in the Padlet to explore and think about growth mindset in new ways: [Growth Mindset Padlet](#). You will also see this in the sidebar of the Canvas course, where it says **Growth/Feedback**.

As you browse through the Padlet, look for quotes that **show you something new**, something that surprises you, some perspective on growth mindset that is not already part of your own approach. Find at least **two quotes** (or more!) and then use those as prompts to write a blog post where you think about how you can apply the insights of these other students to your own growth — in school, at work, in life in general.

Then, **find an image or make a meme** to go with your post, something that expresses the insight you gained from your exploration of other students' thoughts about growth mindset.

Your blog post: Make sure to include the quotes found in your blog post, along with your own thoughts as inspired by those quotes from other students, plus the image.

(And yes, Padlets are cool! You can learn more about Padlets with this [Tech Tip](#).)

The image shows a screenshot of a Canvas LMS interface. On the left is a sidebar with navigation options: Account, Dashboard, Courses, Groups, Calendar, Inbox, Common, and Help. The main content area displays a course titled 'Indian Epics' with ID 'MLLL-4993-995'. Below the course title, there's a 'padlet' titled 'Growth Mindset: Student Thoughts' by Laura. The padlet contains several text-based cards with images and quotes:

- PERSONAL VALUES:** Women have a lot of self doubt in industries there they are under-represented. I learned that if women make a list of their own personal core values, they tend to do better on exams to the point where it eliminates the gender gap. When we reflect on our personal values, we increase our level of self worth. (Image: A person with a speech bubble saying 'I believe in me')
- DON'T BE AFRAID TO TRY:** If you think you can do something, you aren't afraid of failure and typically it gets done. If you're too afraid to try, you may never even get your foot out the door. 'A man is but the product of his thoughts, what he thinks, he becomes.' (Image: A person with a speech bubble saying 'WHAT HE THINKS, HE BECOMES')
- CREATIVE CHALLENGES:** At my internship this summer, we put it this way, "get comfortable being uncomfortable." Challenges shouldn't be something to just grin and bear; they should be something you actively seek out to make yourself better. (Image: A person with a speech bubble saying 'Creativity is the result of hard work')
- SHE BELIEVED SHE COULD COULD, SO SHE DID:** which is a quote by R.S. Grey in her book Scoring Wilder. (Image: A person with a speech bubble saying 'SHE BELIEVED SHE COULD, SO SHE DID')
- FACING CHALLENGES:** Challenges are healthy and help us live up to the best versions of ourselves. This is something that I really appreciate also because in my major there are a ton of conflicts and problems that are difficult to solve or even attempt to solve, and it is important to face these challenges with an open and positive mind. (Image: A person with a speech bubble saying 'TRY OUT DIFFERENT STRATEGIES')
- NEW LEARNING STRATEGIES:** I tend to focus mainly on my memorization which can sometimes only be for a little period of time. I need to find better ways to study in order to truly learn something and be able to apply it in a multitude of ways in order to truly use my education for the betterment rather than just trying to get a grade. (Image: A person with a speech bubble saying 'WHAT OTHERS THINK')
- GIVE YOURSELF CREDIT:** I think the biggest thing for me is not comparing myself to others. I always do that, and I am not where other people are, but they are not where I am either. We all have our own strengths and sometimes I forget to give credit to my own. (Image: A person with a speech bubble saying 'Look bold')
- TRYING SOMETHING NEW:** For years I have been saving up Pinterest posts of beautiful calligraphy, but I have never started due to the fear that I won't be creative enough to make such beautiful art. I am excited to make a leap past this fear of not being creative enough and to see the progress I make throughout the process. (Image: A person with a speech bubble saying 'Look bold')