Name_____ Period _____

"The Mindset of a Champion" from TEDx Talks
(note-taking practice)

- What are the two types of mindsets?

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- Give at least TWO characteristics of having a growth mindset.

- Give at least TWO characteristics of a FIXED mindset.

- What is the ONE word that can help change from a fixed mindset to a growth mindset?

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- Have you ever experienced something that was new or hard? Did you respond with a growth or fixed mindset? Explain.

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https://youtu.be/px9CzSZsa0Y?si=fjZI4KQhqDTq0C5b