

Name _____

People who have **growth mindset** *solicit and consider feedback*. That means they ask experts to honestly tell them how they're doing in a certain area and how they could do better. People with growth mindset really think carefully about the feedback people give them.



What was the academic goal that you set for yourself last week? 5 pts

Now find an expert (teacher, for example) and ask **what you can specifically do** to you improve in that area. What did the person tell you? 5 pts

Use the person's feedback to form a plan for to spend one hour this week working toward your academic goal. Describe your plan here. 5 pts

Finally, get the signature of one adult who knows you spent one hour this week working on your plan. 5 pts
