

# Growth Mindset Development

## Overview

This is a goal-driven course allowing students to identify their strengths and weaknesses through in-house developmental writing, presentations, and group work. In order to achieve this, students will learn to organise their time efficiently, striking a balance between their academic and personal development. Furthermore, students will explore this delicate balance through personal writing and communication with their peers and mentors. This program will allow students to explore their interests and value their efforts to learn more. These efforts will work towards strengthening intelligence and striving for more.



## Objectives

- Evaluate how students view problems and solutions
- Develop individual time management strategies, organisation, and goal setting
- Foster a healthy mindset which can strengthen intelligence and strive for more

## Structure

- Unravel the concept of passion and drive
  - What are you passionate about? How do you shape your passions?
- What are your academic and personal goals?
  - Short term and long term
  - How do you shape your goals?
- What steps do you think will help you achieve your goals?
  - What kinds of methodologies appeal to you and do not appeal to you?
- What is success, what does it mean to you and your goals & how do you measure it?
  - How do you feel when you succeed?
- What are the challenges hindering you from achieving your goals and how can you tackle them?
  - Why should you, or should you not, challenge yourself?
- What kinds of efforts will most effectively and efficiently help you meet your goals?
  - What is effort? What is the importance of effort?
- In what spaces are you seeing results and how are you measuring your results?
  - Brainstorm & evaluate all spaces of life and
- What is failure and how does it make you feel?
  - Why is it, or is it not, okay to fail?
- How do you broaden your perspective and deal with opposition?
  - What is the relationship between perspective and opposition?
  - Why is it, or is it not, important to broaden your perspective?
  - What does opposition look like to you?
- What is unique about you and how can you expand your perception of the world around you?

