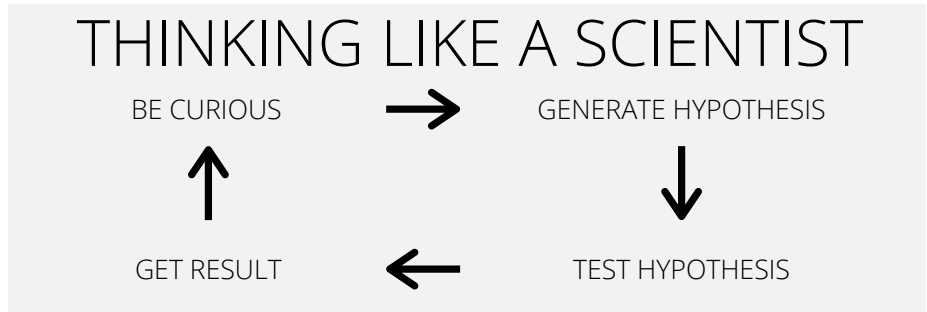


Your goal: **THINK LIKE A SCIENTIST**

This primarily means **cultivating curiosity**



Many teachers advocate for a

growth mindset

which is the idea that intellect is not fixed. Through effort and learning, one can become smarter and do better. You can read more in the book *mindset* by Dr. Carol Dweck.

Some characteristics of a **growth mindset**:

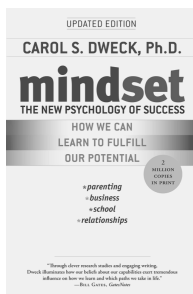
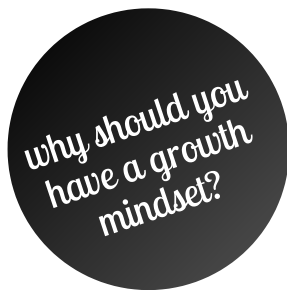
View **mistakes** as **learning opportunities**

Take **feedback** as **constructive**

Approach **learning** as **ultimate goal**

Recognize **ability** can **be developed**

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A FOCUS ON EFFORT IMPROVES PERFORMANCE
When teachers praised intelligence, math scores went down. When teachers praised effort, math scores went up.

your wellbeing is most important
Research should be challenging and require grit, but should not be overly stressful. **If you are feeling overwhelmed, unwell, or if a personal situation is impacting your ability to do research, please reach out to your advisor.**