

This is my screen-reader friendly version of my Healthy Mindset Infographic. There is no formatting, just a list of points regarding what I consider to be a healthy mindset. You can find these resources at <https://caitkirby.com>. Written by Cait Kirby.

## Healthy Mindset

Your goal is to think like a scientist. This primarily means cultivating curiosity. Thinking like a scientist is a never-ending cycle wherein you: be curious, generate hypothesis, test hypothesis, get result. Then you start over again at be curious.

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. [A grayscale photo of the book mindset by Dr. Carol Dweck.]

Why should you have a growth mindset? A focus on effort improves performance. When teachers praised intelligence, math scores went down. When teachers praised effort, math scores went up.

Some characteristics of a growth mindset below. View mistakes as learning opportunities. Take feedback as constructive. Approach learning as the ultimate goal. Recognize ability can be developed.

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.