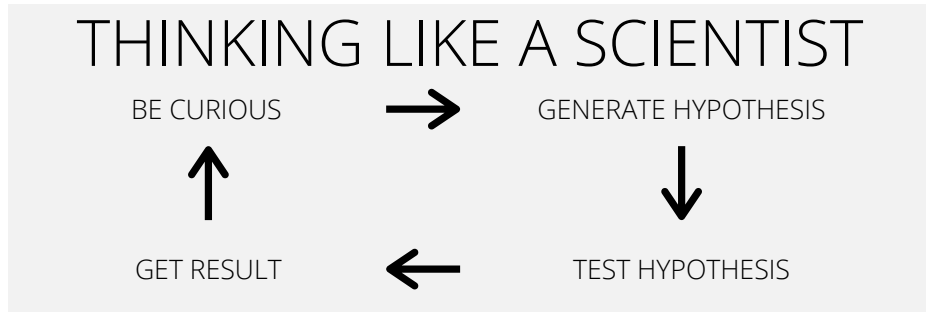


Your goal: **THINK LIKE A SCIENTIST**

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**

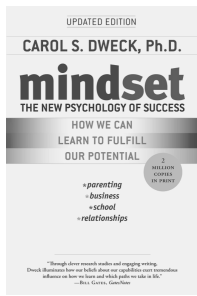
Take **feedback** as **constructive**

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

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

**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.**

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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.