September

"God will direct you, you will be able to endure."
Exodus 18:23

Fixed vs. Growth Mindset

1) **Fixed Mindset:** Assumes that intelligence and other qualities, abilities, and talents are *fixed traits* that cannot be significantly developed.
2) **Growth Mindset:** Assumes that intelligence and other qualities, abilities, and talents *can be developed* with effort, learning, and dedication.

Do you have a Growth Mindset?

Do you agree or disagree with the following statements?

1) Your intelligence is something you can't change.
2) No matter how much intelligence you have, you can always change it.
3) Music talent can be learned by anyone.
4) Trying new things is stressful and I avoid it.
5) Some people are good, while others are not-it's not often that people change.
6) Truly smart people do not need to try hard.
7) I often get angry when I get feedback about my performance.
8) The harder you work at something, the better you will be at it.

SCAN ME

Take a picture of the QR code to to learn more about your mindset!

Back to School 101:

- ❑ Get Plenty of Rest
- ❑ Eat Breakfast
- ❑ Stay Organized
- ❑ Connect with Teachers
- ❑ Get Involved
- ❑ Sit in Front, Seriously!
- ❑ Exercise Regularly
- ❑ Create Homework Area
- ❑ Minimize Distractions

Find Support in SS

Returning to school after a worldwide crisis would be difficult for anyone.
If you need space and time to adjust, check in with Ms. Slater or Ms. Goodhew for support and strategies.

Security & Safety Tipline for EC Students
Tipline@eastsidecatholic.org

Crisis Text Line 741741

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