

▼ Initial Post

Before proceeding any further with this assignment, make sure you have read [this article on Mindsets by Dr. Julia Kregenow](#) thoroughly. Then follow the directions below to make a post to [this discussion thread](#). It must show a post date/time prior to 1:00 p.m. on Tuesday, 31 January, to earn credit.

People are not necessarily all one mindset or the other. You might have one mindset in one area of life and another mindset in another. This will be relevant in the writing assignment below.

Optional Resource: There are some mindsets quizzes you can take to help you identify which mindset you have. There is one you can take [online on Carol Dweck's website](#) and another one you can [download as a PDF](#).

Your discussion board post should address all of the following.

1. What was your reaction to learning about these mindsets? If you have previously learned about this topic, state when and by what means. Do you think this information will be helpful to you? Why or why not?
2. Think about your own life carefully and identify one area where you have a fixed mindset and another where you have a growth mindset. Explain carefully how you know this is the case.
3. For the area above where you identified yourself as having a fixed mindset, describe some specific steps you could take to begin moving toward a growth mindset.

This will be graded using the [rubric for regular DB posts](#) on the "[Important Stuff](#)" page. It counts towards the "Participation" portion of your overall course grade.

▼ Response Post

Last week you posted your answers to our questions about mindsets, after reading and digesting [this article by Dr. Julia Kregenow](#). Follow the directions below to post a response to a classmate in [this discussion thread](#). It must show a post date/time prior to 1:00 p.m. on Tuesday, 07 February, to earn credit.

Read all of your classmates' posts where they answered the same questions as you. Thoughtfully consider their struggles and successes. Choose one (1) post to respond to.

- Make your own comments on what they said. Do you agree or disagree? What evidence is there to support your position and either support or refute his/hers?
- Do you struggle with the same issues? Have you made substantial progress with an issue that someone else is having a hard time with? What suggestions can you offer, what can you say to help, support, encourage him/her (whether you agree or disagree with his/her position)?

These are just ideas to help you make a meaningful response post. Make sure you refer to the [grading rubric for regular DB posts](#) on the "[Important Stuff](#)" page. This counts towards the "Participation" portion of your overall course grade.