



THE STALL STREET JOURNAL
THE STUDENT WELLNESS CENTER
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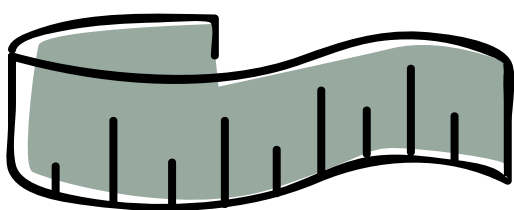
THE POWER OF MINDSET

A GROWTH MINDSET
CAN POSITIVELY IMPACT
YOUR HEALTH, HAPPINESS,
ACADEMIC SUCCESS, AND
RELATIONSHIPS!

MINDSET MATTERS.

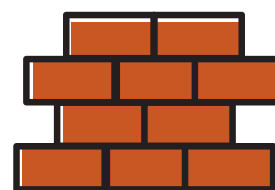
*The way we think about
our abilities and our
potential has a profound
impact on our **BEHAVIOR**,
our relationship with
SUCCESS AND FAILURE,
and our **EMOTIONS**.*

GROWTH MINDSET



CONCEIVES
CHALLENGE
AND FAILURE AS
OPPORTUNITY
FOR GROWTH.

FIXED MINDSET



ASSUMES THAT OUR
CHARACTER, INTELLIGENCE, AND
CREATIVITY ARE STATIC AND CANNOT BE
CHANGED. SUCCESS BECOMES "PROOF"
OF THESE FIXED QUALITIES.

A GROWTH MINDSET CREATES A PASSION FOR LEARNING

A growth mindset frees you
from worrying about proving
how "smart" you are and
allows you to explore new
paths and ideas
WITHOUT FEAR OF FAILURE.



In a growth mindset, positive, healthy
relationships are about learning and
growing together. Being open and
honest about each other's strengths and
challenges and working together to make
the RELATIONSHIP STRONGER.



A fixed mindset views
learning as an opportunity to
demonstrate intelligence. A
challenging project or a bad
grade becomes a reflection of
deficiency and challenges your
sense of self. A fixed mindset
leads to AVOIDANCE OF ACADEMIC
RISK-TAKING.

A FIXED MINDSET CREATES A HUNGER FOR APPROVAL.

In a fixed mindset, CONFLICT = A SIGN OF
CHARACTER FLAWS, incompatibility, DOOM! In a
fixed mindset, relationships should be easy
and if they take effort, they're not worth it.

HOW DO I DEVELOP A GROWTH MINDSET?



Take a few risks

(and don't hide
them). Instead of
trying to save face,
let yourself mess
up now and then.
It gets easier...

Let go of the image.

Upholding an
image of effortless
perfection is
exhausting. Embrace
yourself as a growing,
learning being. Share
that new perception
with others.



Embrace the power of "yet."

Let "**not yet**" become your
guide. Whenever you're
struggling with a task, pause
and remind yourself that you
haven't mastered it **yet**.



Make a new goal for every goal accomplished.

Aced the midterm? Finished
a 5K? Set a new goal to keep
yourself stimulated.