



Growth Mindset Activities

What is a growth mindset?

Growth mindset is the ability to reframe challenges as opportunities to learn and grow. A growth mindset fosters continuous personal and professional development by believing that intelligence and talents can be cultivated through effort, strategies and persistence.

This guide has activities for you to help students develop growth mindsets that can support their resiliency throughout the college transition. Many college preparation materials emphasize a focus on achievement, but reflecting on your areas of growth, challenges and learning from past mistakes or missteps is critically valuable for students as the transition and succeed in college.



Growth Mindset Activities

“Yet” Statements

Goal: Reframe Challenges

How it works

- Participants list things they “can’t do”
- Add the word “yet” to each statement
- I can’t solve this → I can’t solve this yet”

Why this works: Encourages belief in skill development over time



Failure Resume

Goal: Normalize Failure as Growth

Write a “resume” of...

- Failures
- Rejections
- Mistakes
- Lessons learned

Why this works: Builds resilience and reflection





Growth Mindset Activities

Process Praise Practice

Goal: Shift focus from outcome to effort

How it works

Reframe thoughts and actions:

- Instead of asking “How did I do?” → Consider “How hard did I try?”
- Instead of “I failed” → Consider “What did I learn?”

Why this works: Builds consistent mindset habits that look at effort, not just outcomes






Learning Journal

Goal: Encourage Reflection

Sample prompts

- What challenged me today?
- What strategy did I try?
- What will I do differently next time?

Why this works: Reinforces the need for self-reflection



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