

SCENARIO 1

The Group Project

THE CHALLENGE

Your group has to present a project, but you feel like your ideas are being ignored by the other group members. You're afraid your grade will suffer.

SCENARIO 2

The Tough Test

THE CHALLENGE

You studied hard for a science test, but got a lower grade than you expected. You feel discouraged.

SCENARIO 3

The Friendship Problem

THE CHALLENGE

You and a close friend have a disagreement. They seem upset and are avoiding you at lunch.

SCENARIO 1

The Group Project

THE CHALLENGE

Your group has to present a project, but you feel like your ideas are being ignored by the other group members. You're afraid your grade will suffer.

FIXED MINDSET

You sit back, don't contribute, and quietly hope the project is over soon. You think, "They don't like my ideas, so there's no point in trying."

GROWTH MINDSET

You speak up and say, "I'd like to share an idea, and I'm open to hearing your feedback." You ask the teacher for advice on how to collaborate more effectively with your group.

SCENARIO 2

The Tough Test

THE CHALLENGE

You studied hard for a science test, but got a lower grade than you expected. You feel discouraged.

FIXED MINDSET

You rip up the test and say, "I'm just bad at science." You decide not to study for the next one because you think it won't make a difference.

GROWTH MINDSET

You look over the test to see what you got wrong and make an appointment to talk to the teacher. You decide to try a new study method, like making flashcards or studying with a friend.

SCENARIO 3

The Friendship Problem

THE CHALLENGE

You and a close friend have a disagreement. They seem upset and are avoiding you at lunch.

FIXED MINDSET

You decide the friendship is over and start talking about your friend to others, saying things like, "They're just being dramatic."

GROWTH MINDSET

You think about what you might have done wrong. You approach your friend and say, "I'm sorry if I upset you. Can we talk about what happened?"