



# Developing Confidence in College-Level Writing Through Growth Mindset



## Overcoming Fixed Mindset

**Fixed Mindset** is the belief that our qualities and capacities to learn/grow are carved in stone and unchangeable, causing...

- Difficulties in overcoming adversity and challenges
- Reluctance and fear about taking important risks
- Poor confidence and self-esteem
- A lack of self-awareness
- Overwhelming negativity and doubt

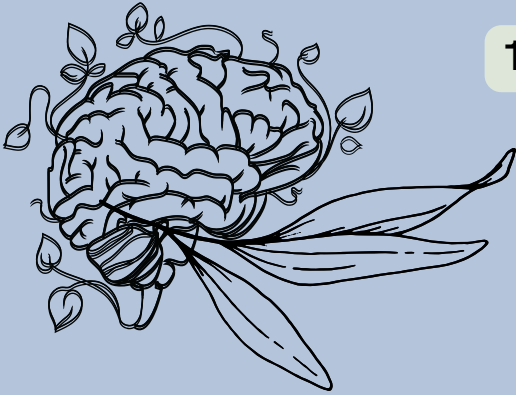
## Nurturing Growth Mindset

**Growth Mindset** is the belief that our qualities and capacities to learn/grow are something we cultivate over time through our efforts, strategies, and help from others. With growth mindset, we realize we can change and grow over time!



See steps for  
developing a  
growth mindset  
on the back!

## Steps for Developing a Growth Mindset in Writing:



### 1) Listen to yourself

- Validate frustrations when facing learning and writing challenges; practice self-care; pay attention to what is helpful and nurturing while learning and writing



### 2) Recognize that you have a choice

- Once we're aware of the two mindsets, we have a choice-- to continue choosing a fixed mindset about ourselves and our ability to learn how to write *OR* to embrace and work towards a growth mindset that recognizes our abilities to overcome our discomforts with writing and eventually feel more confident



### 3) Challenge your fixed mindset

- The fixed mindset is made up of narrative scripts (e.g. "I've always been bad at writing" or "I'm never going to learn this")-- these scripts are not fact or truth, though. It's just our fixed mindset and inner critic! Acknowledge the inner critic ("I'm noticing the 'I'm bad at writing' narrative because I'm stressed about this assignment") and accept that frustration and struggling are normal, but the narrative in our head is not reality-- we can choose to take actions that align with our values and goals instead



### 4) Take action

- Create small, feasible goals; seek support when needed; take breaks (rest is very important for effective learning!); validate and recognize your progress-- both in learning and in nurturing growth mindset; utilize tools and strategies that are helpful, especially for developing more efficient and confidence-boosting processes with writing

