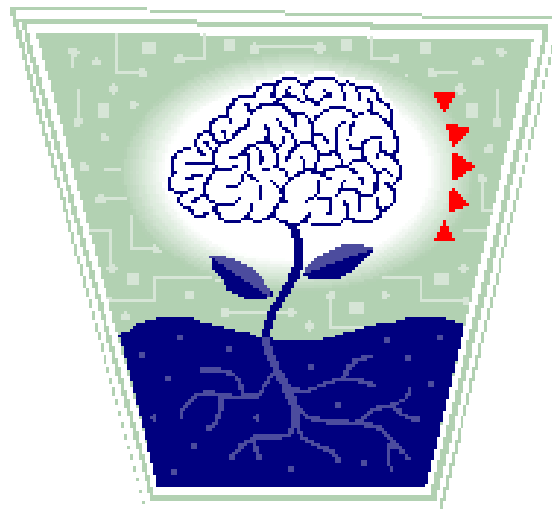


Growth Mindset ...

... a belief system that suggests that one's intelligence can be grown or developed with persistence, effort, and a focus on learning.



Fixed Mindset...

...a belief system that suggests that a person has a predetermined amount of intelligence, skills, or talents.



Neuroplasticity...

...the ability of the brain to change, adapt, and “rewire” itself throughout our entire life.



Malleable...

... adaptable or
capable of growth
and change.



Grit...

... the ability to passionately pursue a challenge even when the road to get there becomes very difficult.



