

Scientific Literacy Center

Growth Mindset Activity 2

Class Time: 20 minutes

Grade Level: High School, College

Assignment Type: Homework

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The Email Letter

Instructions: Please write a supportive email to your friend described below. This student faces challenges and it can be inspiring for him to hear from a college student. Share with him a helpful study tip, or other academic advice, that you learned from this Growth Mindset Chapter. Please make sure to stress the importance of hard work and the benefits of a growth mindset. It is often most useful to share a story about a time that a growth mindset helped you to cope with a difficult situation. This email only needs to be a few sentences—at least one good paragraph is usually adequate, but feel free to write more.

Your Friend: Paul Dickens is an 11th grader in Washington, D.C. His school is known for having students who excel after high school. However, he does not feel like he stands out for his intellectual abilities. As he is looking into colleges, he is worried that he will not be able to handle the course load. Use words of encouragement to help Paul.