

Problems that slow progress

small step-by-step improvement over time

thinking about your own thinking

giving yourself power and control

learning tools that help organize information into patterns

natural ability

things accepted as already decided or unchangeable

activate

beliefs that intelligence and ability cannot change

- A** empowering yourself _____
- D** incremental progress _____
setbacks _____
- E** fixed mindsets _____
givens _____
- F** patterning tools _____
metacognition _____
- G** stimulate _____
- H** potential _____

Activate Windows
Go to Settings to activate Windows.