



## AHS Growth Mindset

### “You Really Can Train Your Brain”

In a *growth mindset*, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point.

Check out some videos that show you how!!!

- [Growth vs. Fixed Mindset](#) – Learn the differences in characteristics of a person with a fixed vs. growth mindset and the impact it can have on your future development.
- [Train Your Brain](#) – Having a growth mindset means that you know you can train your brain to get smarter. Check out some easy strategies that Steve Jobs and even Einstein used to “train their brains.”
- [The Impact of Positive Praise](#) – Take a journey through a study involving a series of experiments on over 400 students and the impact of receiving positive praise from others.
- [Janelle Monae and the Power of Yet!](#) – Join Janelle Monae on a Sesame Street Adventure encouraging others to think about “I May Not have it YET!” but I soon will.