Prompt:

Hello!

Either upload the information or include text for the following

1) What skill are you evaluating?

2) What level are you at? What is an example to demonstrate this level (anecdote)

3) How do you want to improve this skill?

Student A: Mental Resourcefulness:

-More often than not in academics, I find myself disregarding useful new ideas because I do not take enough time to examine the problems that I face. I rely heavily on rote to solve the problems that I am presented with. A good example of this are the homework problems you assign. If I do not recognize how an answer should be obtained quickly, I get stumped and give up on a problem.

-I want to address this issue by giving myself more time to think about a problem before attacking it. I will give myself a minute or two to consider a problem without any expectations before attempting to solve it.

-I will measure my progress by keeping track of the number of times I get frustrated while answering homework questions.

Student B: Reflection, developing

I think that I need to be doing more careful reflection on my approaches to problems, my performance, and my mindset. I'm only concerned about doing better when I do poorly on something, but I should expand this and reflect on a more consistent basis. For example, I should reflect on how I succeed on an assignment, too, so that I can consider the best ways I learn. I notice that when I am working on a problem set or lab report or another difficult task that I am concerned about doing well on the assignment instead of spending time thinking about how I could change my approach to improve. Sometimes, after I turn in something that was really difficult, I feel thankful that it's finally done and don't spend time thinking about ways I could change to struggle less next time. In order to improve I need to mindful of reflection for all academic tasks (studying, lab, assignments, tests) so that I can more regularly reflect on what is working well and what isn't. I basically need to make reflection a bigger part of my life than it is now, especially on a daily basis. This will make sure I don't get into any ruts or bad habits.

Student C: Collaboration

My freshman year, I was pretty reluctant to admit when I needed or wanted help. My academic ego from high school was influencing my attitude in college, and preventing me from understanding that everyone needed a hand here and there. I did not want to ask peers for help, I did not want to go to office hours to ask for advice, and I certainly did not want to request a tutor. However, come sophomore year and my entering into upper level science classes, that changed considerably. I realized that in asking my professor to re-explain something to me, it took infinitely less hours for me to understand than it would have on my own. And that asking a friend to look over a lab report would prevent me from turning in blatant typos that word somehow was not picking up. While I have come to understand that for a lot of work, I do study better on my own, I would call myself a master of collaboration at this point. If there is something I don't understand, and still cannot grasp it after some reflection, it takes two seconds to send an email to a teacher, and if I end up understanding it, two seconds to tell them, "Never mind!"

I have let go of the ego that kept me too prideful to recognize my resources, and now do my best to take advantage of every opportunity that I have to learn something better or more efficiently. This is always improving though, especially when I'm enrolled in a class that challenges me more than usual. There is always a small grace period where I have to again tell myself that it's okay to ask for help, so I am working to minimize that time and be able to ask for help as soon as I need it, in any situation.

Prompt: Look back over the 5 mindset skills you chose over the past 5 weeks. What progress have you made? What do you still need to work on?
Self-Compassion

I think I have advanced from the Beginning stage to the Developing stage of Self-Compassion: "I am sometimes overly critical of myself. I tend to ignore feelings of failure rather than using them to improve." I have been doing a lot more drawing and reading for pleasure at night instead of watching Netflix or scrolling through my phone. I've also managed to make it a habit to not use technology much before bed—I read, draw, or do homework that doesn't involve the computer. I've also developed a good study-break strategy—I study for about an hour, or until I finish an assignment, and then I change study locations before I start working on my next task (i.e. move from the café → library → Pusey room → my dorm room). This strategy works very well because I get a good ~15 minutes to relax my mind, and I get a little movement in so I don't feel restless while I'm studying. I've also been making more realistic to-do lists, breaking up big assignments into manageable parts, so I never feel too overwhelmed by a single assignment.