

Objective: Students will understand the academic mindset principles

The Academic Mindset Principles:

1.	I am thankful for the opportunity to pursue my education.
2.	I am confident and consistent.
3.	I have no fear of failing or making mistakes.
4.	I never ever give up.

It is easy to lose focus and clarity without core principles to guide who you are and who you are striving to become as a student and a person. The Academic Mindset principles are designed to give you a clear focal point at the start of any academic challenge, whether it is a difficult class, a large exam, or a grueling study session. If you start and end each challenge by reading and reciting these principles, you will find yourself becoming more focused and full of purpose in every academic setting. As you explore your self-knowledge, it is vital that you make these four statements a part of every academic task you complete to ensure your best effort and performance in completing them.

Activity: Write a reflection on the prompts for each mindset principle.

Prompt #1: Gratitude is one of the easiest ways to increase your happiness. Being grateful for your education helps you to genuinely enjoy the learning process and engage better with any class materials. **Write a list of the reasons why you are thankful for your education.** Think of all of the benefits that having an education will give you.

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Prompt #2: Confidence means that you feel able, ready, and prepared to complete an academic challenge with ease. Consistent means that you can apply that confidence and show a great effort every time you attempt an academic challenge. **Write down what it will look like when you have confidence and consistency in every aspect of your academics, including class time, studying/homework, and on big test days.**

Class	
Studying	
Tests/Exams	

Prompt #3: Often, self-doubt and fear can interrupt our potential and limit what we are actually capable of. Many people are unsuccessful in reaching their academic potential because they worry about what will happen if they try and fail, rather than staying laser focused on creating success. This mindset journey will require you to put your fears to the side so that you can reach heights you don't currently think are possible. **Write a list of academic goals that seem unrealistic to you right now, but you would like to achieve in the future.**

Prompt #4: Achievement is not always determined by natural talent or the environment that somebody lives in. Success comes most often through persistence. Refusing to give up and pushing through set-backs will play a huge influence on your future accomplishments. It is most tempting to give up when the most difficult challenges are directly in front of you. **Create a list of words and phrases you will tell yourself when you feel like giving up on an academic challenge, in order to help you remain persistent.**