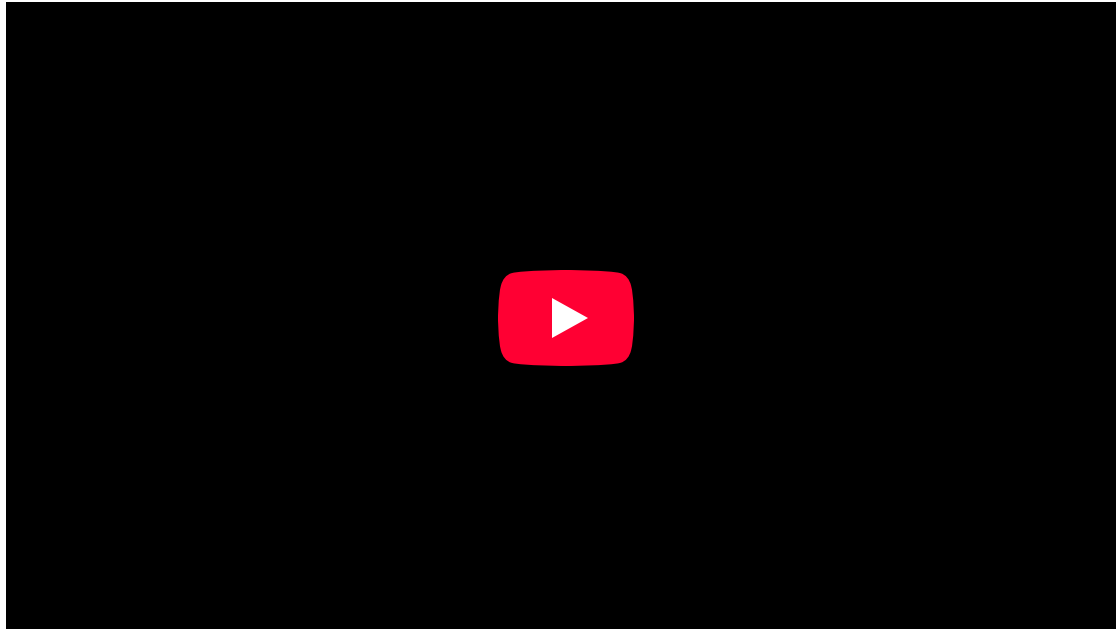


6.3: Using Feedback

How Do I Build a Growth Mindset?

In previous courses, you explored the differences between a fixed mindset and a growth mindset and you explored ways to cultivate a growth mindset.

Now, we will further our study of growth mindset and look at various components related to building a growth mindset. We begin by looking at the impact feedback has on your performance. Watch the following 18:22 video where this important concept is discussed:



Journal Assignment:

After watching the above video, take some time to consider each of the questions below and document your thoughts:

1. What does it mean to have a growth mindset when receiving feedback and how does this mindset help you to improve?
2. How open have you been to receiving feedback from others in the past? (Consider Instructors, peers, family, managers, etc.)
3. Think about a career you are interested in. How do you think professionals in that role use feedback to grow?
4. What strategies can you use to seek out feedback more effectively going forward? (Consider Instructors, peers, family, managers, etc.)

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