

## 6.1: Overview and Guiding Questions

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### The Importance of Cultivating a Growth Mindset

This section explores a variety of factors that are instrumental in cultivating a growth mindset.

Consider the following questions as you review the learning materials:

- How can feedback be used to shape future development?
- How does goal setting help one embrace challenges positively?
- Which time management habits promote long-term success?
- How can community involvement provide opportunities for personal growth and skill development?
- What techniques can be used to persist during stressful situations?

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