

Growth Mindset Tool – Strategy Box

This tool can get youth thinking about the strategies they have used in the past to learn new skills and overcome challenges, reinforcing that they have the ability to improve and identifying approaches that have worked in the past that they can apply to current challenges or learning new skills. A blank template you can use with students you are working with is provided on page 2.

Instructions

A Strategy Box has four quadrants. In three of the quadrants, list things that you are good at or have achieved (try to include things that you perhaps struggled with at first). In the fourth, list the things you identified as not being good at or wanting to change.

Next, list the most important strategies, steps, or beliefs that helped you be successful in those first three areas. What were your successes factors? How did you progress through the challenges? What actions did you take? How did you think about the challenge? List as many as you can.

The last step is to see if any of those strategies or factors could be applied to your fourth box. For an adult who wanted to get organized financially, their final Strategy Box might look like this:

<p>Can play the piano</p> <ol style="list-style-type: none">1. Took lessons every week2. Bought books on learning to read music3. Reminded myself to practice by giving myself rewards4. Parents made sure I put in the work5. Always had a passion for music	<p>Know how to cook</p> <ol style="list-style-type: none">1. Mom taught me at an early age2. Tried many bad recipes and burned a lot of meals3. Took cooking classes in 20054. Found website and message board and learned from other cooks5. Not afraid of salt
<p>Have a good career</p> <ul style="list-style-type: none">• Researched nursing careers online• Talked to friends of older sister who were thinking about medical careers• Selected good nursing school• My mentor, Sheila at the Med Center• Keep up to date on research and trends in field	<p>Not organized financially</p> <ul style="list-style-type: none">• Buy books on personal finance (<i>from piano example</i>)• Look into classes I could take on money management/investing (<i>from cooking example</i>)• Look for reputable online message boards with advice (<i>cooking</i>)• Ask friends about their strategies (<i>career example</i>)• Set a goal around savings (<i>career</i>)• Also set a reward if I make my goal! (<i>piano</i>)

Template provided by MENTOR: The National Mentoring Partnership

Strategy Box for (insert new challenge or learning goal)

<p>Something I learned or succeeded at:</p> <p>Strategies I used:</p> <ul style="list-style-type: none">•••••	<p>Something I learned or succeeded at:</p> <p>Strategies I used:</p> <ul style="list-style-type: none">•••••
<p>Something I learned or succeeded at:</p> <p>Strategies I used:</p> <ul style="list-style-type: none">•••••	<p>My new learning challenge:</p> <p>Strategies to borrow from other boxes:</p> <ul style="list-style-type: none">•••••