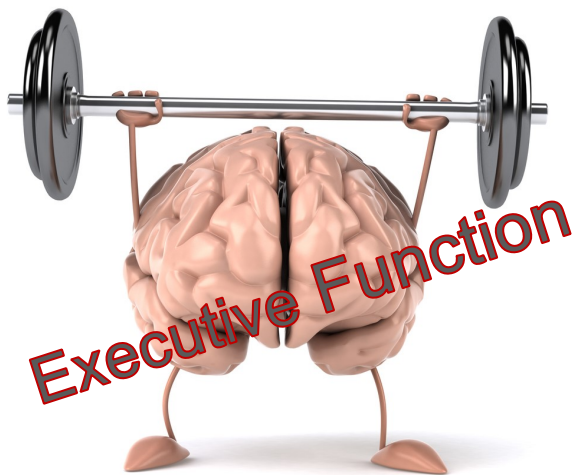


Growth Mindset Bootcamp

Task Initiation

The ability to recognize when it is time to get started on something and begin without procrastinating.

- Develop a routine to help with task initiation.
- Start on a task in a timely manner even when you don't want to.



Impulse Control

The ability to stop and think before acting.

- Stop, take a deep breath and count to five.
- Decide what the problem is and how you feel.
- Think about your choices and their consequences
 - Ignore Situation
 - Tell yourself, "It's OK"
 - Tell yourself to relax

Self-Monitoring

The ability to monitor and evaluate your own performance.

- Evaluate your performance after you complete a task.
- Rate your work before you turn it in.
- Be self-aware of your own behavior and

Organization

The ability to create and maintain systems to keep track of information and materials.

- Keep a neat and orderly desk.
- Bring required materials, such as pencils, to class.
- Have neat and tidy binders.

Planning/Prioritizing

The ability to create steps to reach a goal and to make decisions about what to focus on.

- Develop steps to reach a goal.
- Prioritize what to do first.

Working Memory

The ability to hold information in mind and use it to complete a task.

- Hold information in your mind.
- Remember directions and information.
- Take notes.

Flexibility

The ability to change strategies or revise plans when conditions change.

- Adjust to changes in plans or new situations.
- Be open to different ideas.
- Tell yourself it is okay to try different things.

Self-Control

The ability to regulate yourself, including your thoughts, actions and emotions.

- Think before you act.
- Wait your turn to speak.
- Keep your cool when feeling upset.