

First and Last Name  
ENG 050  
Assignment #1: Adaptive Mindset  
Due:

### **Assignment #1: *Adaptive Mindset***

**Prompt:** Please compose an assignment that explores adaptive mindset ideologies. Consider using particular life events when you worked from a fixed or growth mindset. Here are your two options (you can also suggest another option to me. If we agree that your prompt suits the assignment, then you can pursue that option):

- **Option #1:** Please compose an expository essay that defines growth, fixed, and intermediate mindsets as well as neuroplasticity (be sure to cite your source material). Also, please discuss what type of mindset you have as a college student now and what steps you will take to sustain or change that mindset going forward in your college education.
- **Option #2:** Please compose a narrative that illustrates a specific scene from your childhood where an adult's conversation with you communicated a growth or fixed mindset. Please include your own analysis of the conversation so you can identify the mindset language and explain to your audience how this language impacted you.

**Purpose:** You choose the purpose: Persuade. Inform. Entertain. You can have a primary, secondary, and tertiary purpose.

**Audience:** Your primary audience is your teacher. Your secondary audience is people who are not familiar with your perspective and/or experiences with adaptive mindset ideologies.

**Style:** A narrative or expository essay that uses a conversational and appropriate tone for your audience.

**Focus:** Please focus on your experiences with and/or ideas about adaptive mindset ideologies. Please make sure to include your personal experiences (consider narration and description of life events) in ways that reveal to the audience your understanding/opinion of adaptive mindsets.

**Thesis:** Your thesis statement can be implied or stated—either option should communicate the project's focus.

**Process:** To begin, *Think On Paper* about the issues surrounding your decision: freewrite, list, cluster, discuss, and read other expert opinions to generate ideas and answer the following questions.

- Did a fixed mindset ever prevent you from overcoming a challenge?
- Did you adopt a growth mindset and still not achieve your goal? What happened to prevent success?
- Do you agree with the research that growth mindsets help students persist and succeed in college?
- Did your educational experiences promote a growth or fixed mindset approach to learning?
- Do you want to switch from a fixed mindset in college to a growth mindset? If so, explain how.

**Product:** This assignment should be around 500-750 words. For the written text, please format as follows: 12-point font, double-spacing. Please include an original title centered at the top of the project. This doesn't count as an original title: *Adaptive Mindset Assignment* or *My Adaptive Mindset*. We will use these criteria to evaluate your project:

- \_\_\_\_\_ Your project reveals your experiences and understandings of mindsets.
- \_\_\_\_\_ Your project cites source materials (if needed).
- \_\_\_\_\_ Your project has a clear purpose: persuade or inform or entertain.
- \_\_\_\_\_ Your project has a clear structure: beginning, middle, end.
- \_\_\_\_\_ Your project shows signs of careful proofreading with minimal grammatical, spelling errors.