Student Reflections on the Growth Mindset

Re: Video assignment related to growth mind set
by John Delgiadillo - Saturday, August 27, 2016, 2:48 PM

Today I have watched the Famous Failure video and the main point of the video was famous celebrities who failed many times to become the best and most inspirational people ever. It shows that even famous people were discouraged, let down, and told they wouldn't become anything. That didn't stop them from being ambitious and too never give up. This video connects to our math lecture because it explains that math can and will be difficult for some people, but that does not mean we should quit. If we continue to strive to become better, then we will accomplish. What surprised me the most is that the best athletes ever and most brilliant creative people to ever live struggled and face challenges that made them think "will it be worth it?". I know if I'm struggling in math which I know I will, I will not let that get to me. I will strive to get through it and hopefully have guidance through this journey.

Re: Video assignment related to growth mind set
by Alajandra Jimenez - Saturday, August 27, 2016, 3:36 PM

I watched the video growing your mind which focused on how a brain could get stronger and intelligent with the proper workout. Just like we exercise our body our brain needs the exercise as well in order for it to grow as a whole. This video connects to the lecture on math attitudes and mindset because they both talk about how struggling and getting an answer wrong actually benefits your brain because it is learning. Not only are struggles beneficial but the way you approach the issue because if you think you can do it then you will succeed but if you do not then you will most likely fail. What most surprised me throughout the video was how just like human beings animals can change their intelligence. The more you use the brain the more connections you build and the stronger those connections get. During the lecture what captured my attention was how information is not necessarily knowledge. Throughout this semester I look forward to learning from my mistakes rather than making insignificant excuses and approach my problems in a positive way.

Re: Video assignment related to growth mind set
by Miranda Valles - Friday, August 26, 2016, 8:48 PM

I watched the "Growing Your Mind" video and the main idea was to inform others that we are all able to change our intelligence. So the more that we challenge our minds with difficult tasks, the more we will allow our brain to grow. In the beginning of the video, he asks what determines our intelligence and proceeds to talk about what people think those things are. The first is you're just born with it and you either have it or you don't. The second is that our intelligence can be changed. This video connects to our lecture about math attitude and mindset because if we have a negative or positive attitude/mindset, then we will get a negative or positive outcome. Our outcome depends on whether we know we can push ourselves to succeed or we don't think we were born with great intelligence like others; therefore, we can't do it.

The most interesting aspect of the video was when he compared the neurons in an animal's brain while in a cage versus when the animal engages with other animals and toys. When animals are put in a cage they aren't allowed to stimulate their brain, but when they're with other animals they face challenges and allow their brain to grow and learn new things. From the lecture, I liked learning more about how what you think can either help you or hold you back. If you don't believe you were you born to do math or you think you'll never get better at it, then you won't. But if you actually plant it in your mind that you're going to do well at math and get good grades, then this can allow you to stimulate your mind whenever you reach any challenges. In response to both the video I watched and the lecture, I'm going to challenge my mind more and learn from any of the mistakes that I will make this semester. When I see that I've made a mistake, then I'll try to fix and solve it until I get it right or I'll ask for help and have them explain the correct way to me until I can do the problem on my own. By doing this, I will have challenged my mind and allowed it to grow.
Re: Video assignment related to growth mind set
by Jennifer Soto - Saturday, August 27, 2016, 4:13 PM

The video I watched was called Growing Your Mind. The main idea of the video was to think about and ask our self if we were born smart or not, or if we can change our intelligence. This lecture relates to our math attitudes of when we ask ourself will I ever be good at math, was I not born able to master math and should I give up or should I continue to practice. In reality, there is no maximum capacity for the brain to reach, since it is able to continue to grow. Since the brain is able to grow and develop we should never give up trying to expand our intelligence, therefore it is possible to master math with the help of practicing. The most interesting part of the video was when they showed a child and an animal and how our brains develop with our neurons the more we are expose to our environment or practice of math if we were to continue or not continue to grow our intelligence. Knowing that we can become a master at math or with anything in life, one thing I will take away with me this semester is that I will put all my all into something I want to master. I will remind myself that when there is a will there is a way and I will find a way to practice my goal I want to reach. If I want to do well this year in math class I will practice my homework problems, watch videos or ask questions for help.

Re: Video assignment related to growth mind set
by Paula Martinez - Saturday, August 27, 2016, 5:25 PM

I watched the video “Famous Failures” and the main purpose of the video as a whole is encouragement and inspiration to the masses. Encouragement in the sense that they should not be afraid to fail, in fact, it encourages us to persevere just as these famous celebrities did until they became successful. This video connects to the math lecture because the message conveyed is the same - keep trying no matter how many times you fail. It shouldn’t matter how many times one retries something because it demonstrates that there is always room for change and improvement. The most interesting thing to me about the video was seeing various celebrities that I never new that failed so much become successful. Each individual had their own story and their own struggle. It was truly inspiring to view. In order to excel in math this semester, I will do my best to spend more time practicing math and asking for help when I need it.

Re: Video assignment related to growth mind set
by Jessica Martinez - Saturday, August 27, 2016, 7:40 PM

The video I watched was “Success through Effort” and its main idea was about putting effort into every failure one may in counter through ones career because those who know success have failed many times before making it to the top. This relates to the topic in class in the way we see and think about math. The way they connect is through the fact that math is learned by trial and error. It’s the effort that one has to put into pushing through the times we fail at learning math to be able to learn math. It shows that one needs patients combined with effort to learn math, it took John legend about 6 years before he got signed to a label but through that time he kept putting effort into his work to make it better and now he is one of the top musician that is listened throughout.

The one thing that surprised me the most about the video was knowing that it took him about 6 years to get to where he is today, because we all know that he worked hard to get to where he is today but I think that we forget how much effort musicians really put into their work because all we see is the success and not the hard work it took them to get their. Goes hand in hand with those who have a hard time learning math. We want it to be easy but we forget that we must out in effort into learning math to be able to get the hang of it. Something I will apply this semester is putting aside more time to practice more problems to be able to understand math easier and how it is applied in biology.
Famous Failures
by Jennifer Vasquez - Sunday, August 28, 2016, 8:44 PM

I watched “Famous Failures” and the main point of the video was to showcase many people who were told or discouraged that they could not amount to anything in life. However, many of those people became historical figures or have greatly contributed to society with their talents and attributes. Many people have a negative mindset when it comes towards math because they may have been discouraged to give up because it was too hard. A surprising aspect that I found was that many inspiring people such as Walt Disney, Michael Jordan, and Lionel Messi were at point discouraged to do what they love, but they overcame the negativity that was thrown at them and became inspirations to the world. This semester I will try to ask more questions during class in order to understand and learn the different topics.

Re: Video assignment related to growth mind set
by Bryan Fosado - Monday, August 29, 2016, 6:23 AM

I watched John Legend’s success through effort. His main point is success isn’t that esoteric idea that can be only claimed through talent and success. He proposes that you must fail multiple times before you actually succeed. It reinforces the idea that if people want to be good at something especially math it must be a lot of trial and learn because a lot of people don’t get it right off the bat.

The thing that stood out to me the most was the fact it took him five years to become successful. It took him about five years to get himself a record label but nobody knew that about him because he wasn’t famous yet. I wouldn’t expect someone as talented as him to have to wait so long to be successful. That once I fail at something I will keep trying and not give up.

Re: Video assignment related to growth mind set
by Jasenia Barcenas Parrales - Monday, August 29, 2016, 12:42 PM

I watched the video success through effort and the main point of this video is that no matter how many times you fail you have to keep going because that is the only way to be successful in life. You have to put in all of your effort in order to be successful. This video connected to the lecture on math attitudes because it said the same thing on how you have to keep trying even though you keep failing. Also it infers that you have to have a growth mindset because John Legend says that you cannot stay at your basic skills you have to keep trying in order to get better. The most interesting aspect of the video and the lecture is that people who have a growth mindset are more likely to succeed because they fail so many time and they still keep trying. They try even harder because they know its the only way to get better and succeed. This semester I am going to study at least 6-8 hours for this class and do all of my assignment and practice more because I need to pass this class and the only way to pass id to keep trying. I am also going to try my best to not get discouraged when I fail, I’m going to use that as a motivation to keep trying and to try even harder next time.

Re: Video assignment related to growth mind set
by Ashly Sandoval - Tuesday, August 30, 2016, 5:40 PM

I watched the video “Growing your mind” by Khanacademy. The main point of the video was that your brain is like a muscle you have to train it by learning/working out that muscle. This video connects to the lecture on math attitudes and mindset because just like the lecture said you are not born smart or with a math gene it is something you learn by practice and learning new formulas. I found it interesting that in the video it mentions that an animal’s nerves/neurons are more active when the animal is not alone and has toys. I will make sure to keep an open mind and remember that my brain is a muscle and I have to work it out in order to keep my brain active.
Re: Video assignment related to growth mind set
by Martha Jairmez - Tuesday, August 30, 2016, 4:18 PM

1. I watched the Famous Failures video. The main point of this video is to show that many successful people known today struggled to get to where they are or were.

2. This relates perfectly to our math lecture because in math many people struggle and they will not always find the answer to a problem on the first try, only if they are really talented. I for example, attempt many times to solve a math problem and it does not come easy. Math is a subject that requires the math to think critically and if the person does not succeed on the first try, they should find other ways to solve a problem and try again with a different method.

3. What surprised me was that there were multiple people mentioned in the video. I only saw Michael Jordan in the video icon so I thought the video was going to be about him, but many iconic figures were mentioned.

4. One thing that I have planned for my success is definitely attending tutoring service and office hours. There have been many times where I wish I had attended tutoring for a class because I did not understand the material. I will also try to stop letting my cell phone distract me during study hours at home or at school.

Re: Video assignment related to growth mind set
by Yesenia Contreras - Monday, August 29, 2016, 1:14 PM

1. Which video did you watch and what was the main point/idea of the video?

   - The video I watched was Famous Failures. The main point of this video was to inspire and motivate people to not give up and to keep trying. They did this by showing successful people that failed and struggled to get to where they are now.

2. How does this video connect to the lecture on math attitudes and mindset?

   - Just like the lecture about math attitude the video explained who it’s okay to fail and struggle. What count is trying it until you get it right.

3. What was the most interesting/surprising aspect of the video and the lecture to you?

   - The most interesting aspect of the video is how all the people mentioned in the video were basically looked down as “not good enough” but they did not let that stop them.

4. State at least one action that you will take this semester to work toward success in response to either the lecture or the video(s).

   - I plan to not give up this semester and if I struggle or fail in this class I will keep on trying until I understand it.

Re: Video assignment related to growth mind set
by Nayeli Paredes - Tuesday, August 30, 2016, 9:55 PM

I watched the Growing your mind video, which discusses that research has shown that the brain is like a muscle that can be trained. Humans can grow their brain by using it more and their intelligence can be changed. This video connects to the lecture because it says that people can expand their intelligence by learning from their mistakes. The most interesting aspect is that you can treat your brain like any muscle in the body. The brain grows best when a person works on something difficult, when they fail or make a mistake rather than doing something that is easy. I will not give up on problems I find difficult because practice will help me get better.
Re: Video assignment related to growth mind set
by Steven Pham - Tuesday, August 30, 2016, 7:57 PM

1. Which video did you watch and what was the main point/idea of the video?
Watched Success through Effort.

1. How does this video connect to the lecture on math attitudes and mindset?
Although you are not good at math, keep striving to learn more through all the obstacle of failure. Failure is success.

1. What was the most interesting/surprising aspect of the video and the lecture to you?
As successful John Legend is, he still aim to learn more.

1. State at least one action that you will take this semester to work toward success in response to either the lecture or the video(s).
Do not give up because of one failure.

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Re: Video assignment related to growth mind set
by Said Tweini - Wednesday, August 31, 2016, 12:08 AM

To be honest, I watched pretty much all of the videos from the column and they all gave an interesting perspective on how the brain works with a thought process and calculation and how the human mind is always capable of learning new things. The videos that stood out to me mostly were the ones from the Khan Academy that gave scientific research on how a brain can actually grow, develop, and learn new things in spite of failure. It connects to math attitudes and mindsets because there is always a tendency to underestimate yourself if you do not understand the work nor the math, especially given the fact that in today’s society that most people would admit to you that math was never a strong subject they excelled at because it was always frustrating to them or that they thought they weren’t any good at all with math. Now seeing that abject failure can help the brain grow and learn new things gives me the confidence to try even harder and understand the work much more fluently as I go along in my educational career and life. The fact that anyone is still humbly capable of learning just reinforces the truth about practicing and understanding math and other things, and the fact that whatever our parents had always taught us to never stop trying nor studying resonates with me because of these informative Khan videos.

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Re: Video assignment related to growth mind set
by Frehwot Damtew - Wednesday, August 31, 2016, 9:36 AM

I watched the video that talks about Famous Failures. I have watched this video before and still the quote at the end of the video “if you’ve never failed you’ve never tried anything new.” inspires me more than the video. This video shows of successful people we know like Steve Jobs, Oprah and others that have learned from their mistakes and tried again and again, put an effort to something they wanted and desired and never gave up on their dreams. this is inspirational because it is easy to quit and start something new than be reminded that you have failed but they chose to fight for what they wanted. This is same for me when I am working on mathematical problems. I love math, I enjoy math learning math is a process, its take time and patience to understand it better, but also if not practiced it fades away and I believe this video showed that in order to achieve it you have to work for it and that is what I am doing.

In this semester I am taking more classes than ever so I can say I am inspired to work hard, to learn from my mistakes and most importantly never give up on my dream of achieving good grades. everybody has issues that come in the way of their dreams or goals and after watching this video I would try again and again to reach there.
Re: Video assignment related to growth mind set
by Naomi Juarez - Wednesday, August 31, 2016, 10:41 AM

We can grow our mind?

It's like growing muscles, like when you work out to tone or strengthen your muscles. I love that the more I use it, the stronger it gets. I had no idea. This video helped me, it gave me a bit of a push at understanding my brain. I always just thought I was failing and I'd always fail. The fact that my brain is like a muscle, works for me. I love to work out and I can always do that easily.

When I struggle with things, I learn more. This was amazingly nice to hear! It was perfect, I needed to hear this.

This video connects to the attitude, your attitude towards math and the mindset you set for it, because it tells us if we fail on the question, or by one step, we can learn from it, easily! It tells us how failing is part of growing our brains. You'll learn from it. I always believed that if I failed and failed. I would never learn from it. Turns out I was wrong, crucially wrong.

I feel that within this semester, I'm going to practice and practice and practice and not be afraid to ask for help. I hated asking for help, because it made me feel incredibly stupid. But, now I feel that I can move step by step and I'll see that it was worth it. I already feel 100 times better just for watching this video. It was really nice to hear. I don't feel completely useless. I feel like I can do this!

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Re: Video assignment related to growth mind set
by Ian Ruiz - Wednesday, August 31, 2016, 12:27 PM

Ian Paul Ruiz

I watched the “Famous Failures” video, and the video sends the message that failure is okay. It says that without failure, no one will ever get anywhere. It also states that from any downfall, from any low point or failure, you can come back up to the top. It connects to the lecture because it is exactly what a growth mindset is about. A fixed mindset would have given up on dreams of being a singer, a writer, or a creator, but a with a growth mindset, you don’t give up, after being rejected by many to be on a TV or to create the things one loves, one keeps going until you reach success. The most surprising part of the video was the part that speaks of Albert Einstein and how people thought that he would never amount to much. This really teaches me to keep trying in math, especially the work. I have been the doing the homework on MyMathLab, and I honestly do not do as well, so I keep trying similar questions to make sure that I get 100 score in the end.

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Re: Video assignment related to growth mind set
by Natalie Areliano - Thursday, September 1, 2016, 9:38 PM

The video I watched was success through effort. The main point the the video was to emphasis that usually success is "proceeded by a lot of failure." This video connects to the math lecture of math attitudes and mindset as it explains if people continuously practice something they will ultimately get better even though they believed they couldn't. John legend mentioned he grew as a singer by taking professional singing lessons from an expert and he eventually improved. This comes to show that growth is possible even for talented individuals. The most interesting part of the video was learning that failure isn’t necessarily bad thing because it allows the brain to grasp a topic, understand it, and learn more about it. Another interesting thing I learned form the lecture was the difference between a fixed mindset and a growth mindset. A action I will probably try this semester for success in this class is having more of a growth mindset. This way I can acquire a better understanding on a subject by learning from my failures and never giving up.
Re: Video assignment related to growth mind set
by Amy Hwang - Friday, September 2, 2016, 10:43 PM

1.) I watched “Success through Effort,” and its main idea was that not only is success proceeded by a surplus of failure, but it’s also about learning from these failures and persisting through them, for we all have the ability to learn new things if we keep trying.

2.) Math can be learned, period. Before college, I despised math with all my heart. I even tried to avoid the subject by skipping it all together when it came to my senior year of high school because I used to think that it was impossible for me to learn anymore of it with anything higher than a C. But after college, my mindset made a complete turn for the best. I was actually understanding, and the reason why I was understanding was because I was finally trying; I put effort into learning. So with effort and a hopeful mindset, we can be successful in math.

3.) The most interesting aspect of the video to me was how it perfectly fit into my scenario. I, too, thought we had to be naturally talented in something to be great in it, but all it takes is some work and perseverance.

4.) This semester, I plan on continuing to work with effort, no matter how hard it may seem or how many times I fall down.

Re: Video assignment related to growth mind set
by Cynthia Magalanes - Saturday, September 3, 2016, 11:22 AM

The video that I watched was success through effort. Overall, this video explained how often times people think that things cannot be learned overtime and that people are just naturally talented. It also explains that with repeated efforts, success could be achieved. This video connects to the lecture on math attitudes and mindset because math can be learned through repeated efforts just like anything else. For example, in the video John Legend described how he was denied my many major record labels including the record label that he is currently signed to. Instead of giving up when he was told no, he kept on working hard to achieve his goals.

In order to work harder this semester I am going to work on having better study habits. To have better study habits, I will dedicate more time each day to my assignments and homework and I will not procrastinate or wait till the last minute to complete any of my assignments. Usually I start studying too late at night and end up loosing sleep. To fix this I will manage my time better during the day so I will have enough time to complete my homework and check my answers.

Re: Video assignment related to growth mind set
by Silvia Haubach - Monday, September 5, 2016, 2:43 PM

You bring up an important point, namely time management. As we discussed in class, you should plan for at least 6-7 hours a week for homework and reading through notes. So the best thing to do is to create a weekly calendar that has your classes and where you put in time to study for math and for your other classes. Think about the hour you are at school between classes - that can be used to reread notes, or to start working on homework. And it is important to get started on the assignments as soon as possible - there could always be something unexpected. The way to deal with unexpected issues is to plan to be done before the deadline - then you have some wiggle room (and this is not just directed to you, but to the class as a whole).