

Growth Mindset

THE ZONE OF LEARNING



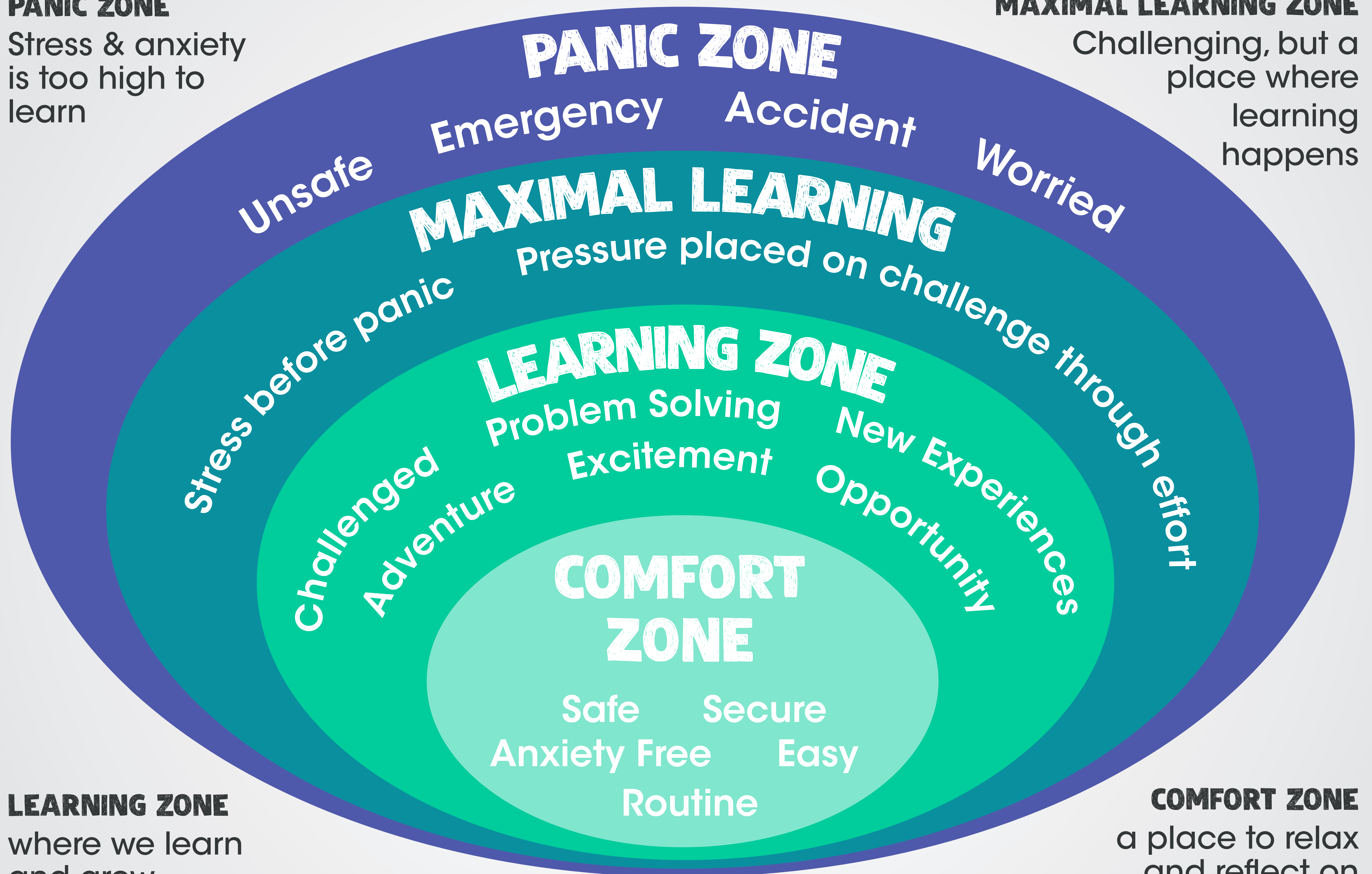
Are you in the zone? Choose tasks and challenges that will stimulate learning.

PANIC ZONE

Stress & anxiety is too high to learn

MAXIMAL LEARNING ZONE

Challenging, but a place where learning happens



LEARNING ZONE

where we learn and grow

COMFORT ZONE

a place to relax and reflect on learning

All individuals zones are different and can vary depending on previous experiences and learning.

"Embrace Challenges as an opportunity to Learn and Grow"