



IDS 104 Module Two Journal Guidelines and Rubric

Overview

A growth mindset—the belief that abilities and intelligence can be developed through dedication and effort—is an essential skill for lifelong learners. In academic, personal, and digital environments, adopting a growth mindset can change how we approach success, failure, and effort. This journal encourages self-awareness and reflection—skills valuable in personal development, academic success, and future careers. Growth mindset is a foundational concept that supports resilience and adaptability. By recognizing the role it plays in your own life, you'll build strategies for future growth and continuous learning. This reflection will help you prepare for your final project and strengthen your ability to define and apply the concept of growth mindset in meaningful, personal ways.

Directions

In this assignment, you'll reflect on a challenge you faced. You'll explore how your mindset influenced the outcome and how understanding growth mindset can help you better navigate future experiences.

Specifically, you must address the following rubric criteria:

1. Define what **growth mindset means** in your own words, using course materials to support your definition.
 - A. As a reminder, you must cite the resources you use at the end of your assignment.
2. Describe a **specific challenge** you experienced in detail.
 - A. The challenge can be any obstacle that you experienced that you needed to overcome, work through, or deal with.
3. Explain whether you approached the situation with a **growth mindset** or a **fixed mindset**. Include the following:
 - A. Provide evidence from your challenge to support your explanation.
4. Discuss how your mindset affected the **outcome of your challenge**. Consider the following:
 - A. What might have happened differently with the opposite mindset?
5. Discuss how reflecting on your challenge has shaped your **understanding of growth mindset**. Include the following:
 - A. How will you apply growth mindset to future challenges?

What to Submit

Submit your journal assignment as a 1- to 2-page Microsoft Word document with double spacing, 12-point Times New Roman font, and one-inch margins. Sources should be cited according to APA style.

Alternatively, Brightspace allows the use of video notes. You may **optionally** use the Video Note tool to complete this assignment, but if you use any sources, you must refer to your sources verbally throughout your video and submit a separate references page. If you use Video Note, your video should be 2-5 minutes long. If you need assistance using Video Note, please refer to the resources in the Start Here module.

AI Usage

If you use gen AI tools to support your work on this assignment, be sure to follow [these AI usage guidelines](#). You must acknowledge your use of these tools in your work. Guidelines on how to cite AI tools can be found in [this Shapiro Library guide](#).

Module Two Journal Rubric

Criteria	Meets Expectations (100%)	Partially Meets Expectations (75%)	Does Not Meet Expectations (0%)	Value
Growth Mindset Means	Defines what growth mindset means in their own words, using course materials to support the definition	Shows progress toward meeting expectations, but with errors or omissions; areas for improvement may include defining growth mindset using their own words or referencing course materials to provide an accurate definition of growth mindset	Does not attempt criterion	20
Specific Challenge	Describes a specific challenge they have experienced in detail	Shows progress toward meeting expectations, but with errors or omissions; areas for improvement may include explaining a challenge that is appropriate to reflect on or providing clear explanation on their chosen challenge	Does not attempt criterion	10
Growth Mindset or a Fixed Mindset	Explains whether they approached the situation with a growth mindset or a fixed mindset, including evidence from their challenge to support their explanation	Shows progress toward meeting expectations, but with errors or omissions; areas for improvement may include identifying whether they approached the situation with a fixed or growth mindset or explaining why a growth or fixed mindset is accurate using evidence from their challenge	Does not attempt criterion	20

Criteria	Meets Expectations (100%)	Partially Meets Expectations (75%)	Does Not Meet Expectations (0%)	Value
Outcome of the Challenge	Discusses how their mindset affected the outcome of their challenge	Shows progress toward meeting expectations, but with errors or omissions; areas for improvement may include discussing how their mindset impacted the outcome in a negative or positive way	Does not attempt criterion	20
Understanding of Growth Mindset	Discusses how reflecting on their challenge has shaped their understanding of growth mindset, including how they will apply growth mindset to future challenges	Shows progress toward meeting expectations, but with errors or omissions; areas for improvement may include discussing how they might apply growth mindset to a future challenge or describing how their understanding of growth mindset has changed based on their reflection	Does not attempt criterion	20
Clear Communication	Consistently and effectively communicates in an organized way to a specific audience	Shows progress toward meeting expectations, but communication is inconsistent or ineffective in a way that negatively impacts understanding	Shows no evidence of consistent, effective, or organized communication	5
Citations and Attributions	Uses citations for ideas requiring attribution, with consistent minor errors	Uses citations for ideas requiring attribution, with major errors	Does not use citations for ideas requiring attribution	5
Total:				100%