

# Effective Effort Rubric [Growth Mindset]

## 1) Take On Challenges

- ✓ Lean into the friction and cultivate your sense of purpose.
- ✓ View challenges as opportunities.
- ✓ Use the word yet instead of “not yet”
- ✓ Make a new goal every time you accomplish one. (use SMART)

## 2) Learn from Mistakes

- ✓ Replace the word “failing” with the word “learning” in your vocabulary.
- ✓ Acknowledge/embrace your mistakes and learn from them.
- ✓ Learn from other’s mistakes.

## 3) Open to Feedback

- ✓ Celebrate growth with others.
- ✓ Emphasize growth over speed.
- ✓ Disassociate improvement from failure.
- ✓ Portrait criticism as positive.

## 4) Take Risks Wisely

- ✓ Value the process over the results.
- ✓ Place effort before talent -ALWAYS.
- ✓ Reward actions not traits.

## 5) Practice and Apply Strategies

- ✓ Think realistically about time, effort, and efficiency.
- ✓ No “one size fits all” approaches -use various tactics.
- ✓ Provide opportunities to regularly reflect (and adjust).

## 6) Ask Questions

- ✓ There is a relationship between learning and brain training.
- ✓ Emphasize growth over speed and ask about ways to grow).
- ✓ Provide opportunities to regularly reflect (and ask questions).
- ✓ Replace the word “failing” with the word “learning” by asking questions..

## 7) Perseverance / Resilience

- ✓ Cultivate grit
- ✓ Take ownership of your attitude
- ✓ Challenge yourself to continue (no excuses).