

Learning Activity 7.2 Practise citation

The following is an excerpt from Chapter 2 of this textbook. Have a read of this section again and complete the following referencing tasks:

A fixed mindset is evident in people who tend to take criticism very harshly, give up easily and often exclaim 'there's just no point in trying' or 'see? I knew that I would fail.' Individuals with a fixed mindset believe that intelligence is fixed and cannot be changed, or they attribute their failures to external factors. In other words, you are born with your abilities and they cannot be improved upon. This mindset can lead to behaviours that discourage taking on challenges, avoid responsibility, and inhibit personal growth.

People with a growth mindset, however, tend to handle criticism more positively. They understand that feedback on their work is not a reflection of their personal worth but an opportunity to improve their abilities. Those with a growth mindset might say things like 'I can grow from my mistakes' or 'if I make a mistake, I can just keep trying' or 'I don't know how to do it yet.' They believe that intelligence and abilities can be developed through effort and perseverance. Embracing a growth mindset encourages individuals to welcome challenge, take ownership of their learning and strive for self-improvement.

Please use the APA 7th referencing style for the following activities.

Write a sentence where you quote a section of this text directly.

Write a sentence where you paraphrase a section of this text, being sure to preserve the message of the text.

Write a sentence where you use the author's name as part of the sentence.

Write a reference as it would appear in the reference list based on this text.