

# FALL 2024 GROWTH MINDSET ACTIVITIES

## WHAT ARE THEY?

Growth mindset activities help people change from a fixed mindset to a growth mindset. They help people better overcome challenges in life.

## WHEN ARE THEY?

Monday - Friday 9 am - 5 pm in 501 KMBL (Advisement Center).  
No activities during devotionals or on holidays.

## HOW LONG WILL THEY BE?

However long you want it to be! You can participate while waiting for an advisor, in between classes, or during a break in your schedule.

## WHAT ACTIVITIES ARE THEY?

Activities will change weekly. They aim to help build problem-solving skills, resiliency, and self-confidence in learning experiences.

## ANYTHING ELSE?

You will be asked to complete an anonymous survey before and after participating, to help us track participation, preferences, and outcomes.

# APPLICATION WORKSHOPS FOR WINTER 2025 APPLICATION

SEPT  
10

9 AM: Healthcare Experience  
and Resumes

3 PM: Recommendations and  
Academics

SEPT  
12

9 AM: Essays and Interviews

2 PM: Healthcare Experience  
and Resumes

SEPT  
13

11 AM: Recommendations and  
Academics

1 PM: Essays and Interviews

SEPT  
17

3 PM: Healthcare experience  
and resumes



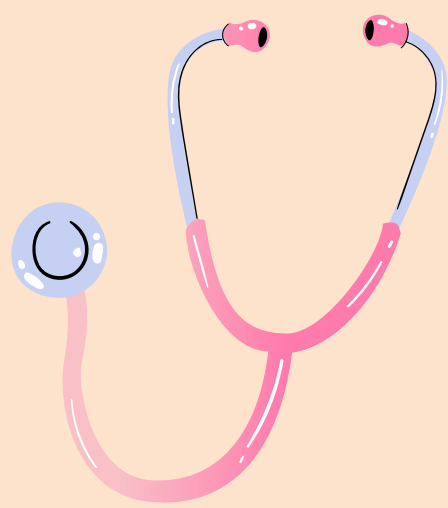
Registration is **required** to  
attend the workshops.

Scan or click the QR code to  
register now!

# JOIN A NURSING CLUB



Visit [clubs.byu.edu](https://clubs.byu.edu) to join!



BYU Student Nurse's Association

Email: [byusna@gmail.com](mailto:byusna@gmail.com)  
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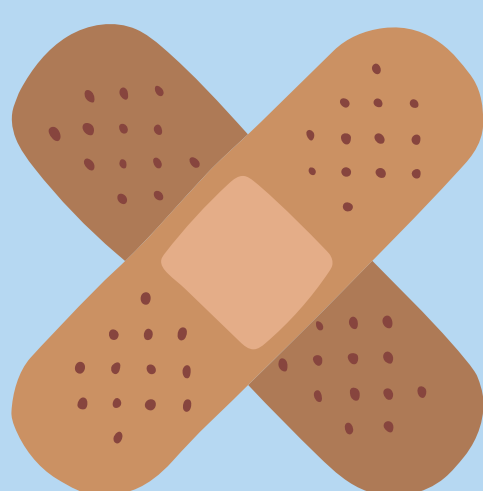
Nurses Empowering Women

Instagram:  
[@nursesempoweringwomen](https://www.instagram.com/nursesempoweringwomen)



Spanish for Nurses  
*\*No Spanish skills required*

Instagram:  
[@byuspanishfornurses](https://www.instagram.com/byuspanishfornurses)



Wilderness Medicine Association

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