

# WINTER 2025

# 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, 9:00 AM - 5:00 PM in 501 KMBL  
\*No activities during devotionals or 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 FALL 2025 APPLICATIONS

**MARCH  
17**

**10:00 AM - Healthcare Experience and Resumes**

**2:00 PM - Essays and Interviews**

**MARCH  
18**

**9:00 AM - Recommendations and Academics**

**3:00 PM - Healthcare Experience and Resumes**

**MARCH  
19**

**11:00 AM - Essays and Interviews**

**2:00 PM - Recommendations and Academics**

**MARCH  
20**

**9:00 AM - Essays and Interviews**

**2:00 PM - Healthcare Experience and Resumes**



**Registration is REQUIRED to attend 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 Nurses's Association**

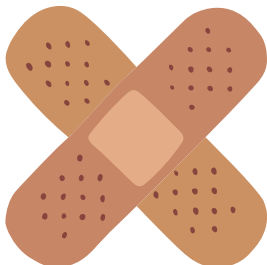
**Email: [byusna@gmail.com](mailto:byusna@gmail.com)**

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



**Nurses Empowering Women**

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



**Spanish for Nurses**

**\*No Spanish skills required**

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