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?	M-F, 9:00 AM - 5:00 PM in KMBL 501 No activities during devotionals, holidays, workshops, or staff meetings.
HOW LONG WILL THEY BE?	However long you would like! 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 through 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.

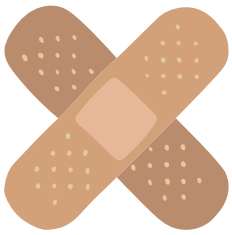
APPLICATION WORKSHOPS

FOR WINTER 2027 APPLICATIONS

SEPT 14th MONDAY	11:00 AM - HEALTHCARE EXPERIENCE & RESUMES 2:00 PM - ESSAYS & INTERVIEWS
SEPT 15TH TUESDAY	9:00 AM - RECOMMENDATIONS & ACADEMICS 2:00 PM - HEALTHCARE EXPERIENCE & RESUMES
SEPT 16TH WEDNESDAY	9:00 AM - ESSAYS & INTERVIEWS 2:00 PM - RECOMMENDATIONS & ACADEMICS
SEPT 17TH THURSDAY	10:00 AM - ESSAYS & INTERVIEWS 2:00 PM - HEALTHCARE EXPERIENCE & RESUMES

Registration is required to attend workshops.
Scan or click the QR code to register now!

JOIN A NURSING CLUB!



BYU STUDENT NURSE'S ASSOCIATION
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Instagram: @byusna

NURSES EMPOWERING WOMEN
Instagram: @nursesempoweringwomen

SPANISH FOR NURSES
Instagram: @byuspanishfornurses
No Spanish skills required!

Visit **clubs.byu.edu** to join!