

REGAP

Session 1 & 2



Your brain is like a muscle.

The more you exercise your brain by challenging it, the smarter you get.

Learn from your mistakes.

Never be afraid to ask for help.

Even if you can't do it YET,
you can learn to do it.

Being challenged is what makes your
brain cells grow the most.

Grade 12 GROWTH MINDSET

Session 3

1 Growth Mindset Videos

[→ Click here](#)

2 Growth Mindset Activities

[→ Click here](#)

3 Challenge-Seeking Contract

[→ Click here](#)

4 Endline Questionnaire

[→ Click here](#)

STRENGTH doesn't come from what you can do. It comes from **OVERCOMING** the things you once thought you couldn't.