

# Handout 1: The Power of Positive Mathematics Attitudes

## Reflection questions

### *Growth mindset*

- Do I have a growth mindset about my abilities in general? About mathematics specifically?
  
- How is this reflected in how I view myself?
  
- How is my growth mindset reflected in my interactions and support for students and families?

### *Self-efficacy*

- Think of a time when your performance surprised you — a time when you succeeded or failed unexpectedly. How did your success or failure impact your feelings about yourself and your abilities?

- How did this experience influence your self-efficacy in that area? How did it influence your self-efficacy in other areas?

### *Sense of belonging*

- Think of a time when you felt like you didn't belong. How did this impact your engagement and success?
  
- Do you feel like you belong when in a mathematics classroom, participating in mathematics activities, or discussing mathematics teaching and learning?
  
- How do you see the impact of belonging and exclusion on your students in mathematics?