

REGAP

Session 1

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.

Grade 12 GROWTH MINDSET

Session 2

1 Growth Mindset Videos

→ English

→ Afrikaans

2 Growth Mindset Activities

→ English

→ Afrikaans

3 Set your goal [Click here](#)

Specific

S
G

What do you want to do?

Measurable

M
O

How will you know when you've reached it?

Achievable

A
A

It is in your power to accomplish it?

Realistic

R
L

Can you realistically achieve it?

Timely

T
S

When exactly do you want to accomplish it?