MINDSET FOR PERSONAL GROWTH

Introduces students to theories surrounding mindset, strengths, and resilience.

Students will gain self-awareness of their own mindset and analyze ways in which they could change/improve this for their personal growth and development.

**UNIV 1820.017** with Crismar Santos

Tuesdays || 2:00-2:50pm

UCONN UNIVERSITY OF CONNECTICUT

FIRST YEAR PROGRAMS, LEARNING COMMUNITIES, ACADEMIC ACHIEVEMENT CENTER, INNOVATION ZONE