

# MINDSET FOR PERSONAL GROWTH



*UNIV 1820.017* with Crismar Santos

Tuesdays || 2:00-2:50pm

---

- 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.

**UConn** | UNIVERSITY OF  
CONNECTICUT

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