KIN 100-“Growth Mindset” Notebook: NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Intro and Overview of Course Day-**

Video Notes:

1.

2.

3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How does this video relate to Kinesiology?

How does this relate to your life (why is this important)?

How are you going to use this information in your life?