

THE THINKER

GATE/SAS Student Newsletter

Fall 2012

Overcome the notion that you must be regular. It robs you of the chance to be *extraordinary*.

- Uta Hagen



Mindset: Can how you approach failure actually make you *more* of a success?



Are You Getting Enough Sleep?

Did you know that around the world, children get an hour less sleep than they did thirty years ago? We now know that sleep is very important and lack of sleep can be very damaging. Here are a couple interesting sleep facts from the book *NurtureShock* by Po Bronson and Ashley Merryman.

- Have you ever felt "fuzzy" or "unfocused" the day after not sleeping? A loss of one hour of sleep is equivalent to the loss of two years of cognitive maturation!
- Sleeping actually makes you smarter! When you sleep, the brain shifts what it learned that day to more efficient storage regions of the brain. The more you learned during the day, the more you need to sleep that night!
- Teens who receive A's average about fifteen more minutes sleep than the B students, who in turn average fifteen more minutes than the C's, and so on.

According to Dr. Carol Dweck, world-renowned Stanford University psychologist and author of *Mindset: The New Psychology of Success*, you can drastically increase your odds of success by approaching struggle, effort, and failure with a particular frame of mind.

Dweck has identified two different "mindsets" – the "fixed mindset" and the "growth mindset." The fixed mindset believes that intelligence is fixed which leads to a desire to look smart. The growth mindset believes that intelligence can be developed which leads to a desire to learn.

People with a fixed mindset:

- Avoid challenges
- Give up easily when faced with obstacles
- See effort as pointless
- Respond negatively to constructive feedback
- Feel threatened by the success of others

People with a growth mindset:

- Embrace challenges
- Show perseverance in the

face of struggle

- Understand the need for hard work and effort
- Learn from criticism and constructive feedback
- Find lessons and inspiration in the success of others

What do these two mindsets have to do with success? People with a fixed mindset have the tendency to achieve less than their full potential because they give up when faced with frustration – their learning experiences are plagued with the fear of "looking dumb."

People with a growth mindset, however, continue to achieve throughout their lives because their goal is *learning*, not "looking smart" to others. The growth mindset leads to happier, more successful people with a greater sense of free will and self-confidence.

What type of mindset do you think you have? How can you develop a growth mindset to promote a brighter (and happier) future?

For more information and a quick mindset quiz, visit www.mindsetonline.com. *Mindset* by Dr. Carol Dweck is available to check out at the Los Angeles Public Library — www.lapi.org.

BUT WHY?

If you are the type of person who is always wondering (and asking) why, here are some fascinating (and sometimes humorous) resources just for you:

- *Einstein's Refrigerator and Other Stories from the Flip Side of History* by Steve Silverman
- *Imponderables: The Solutions to the Mysteries of Everyday Life* by David Feldman
- *The Know-it-All: One Man's Humble Quest to Become the Smartest Person in the World* by A. J. Jacobs
- *The Nobel Book of Answers: The Dalai Lama, Mikhail Gorbachev, Shimon Peres, and Other Nobel Prize Winners Answer Some of Life's Most Intriguing Questions for Young People* by Various Nobel Prize Winners

Book selections from www.hoagiesgifted.org.

Khan Academy: Watch and Learn!

Whether you need a little extra help with a particular subject in school or are ready to jump ahead to a subject not yet covered in your classes, Khan Academy is here to help! Khan Academy is a non-profit educational organization designed to provide FREE online tutorials, videos, and other resources to learn, practice, and assess your skills and conceptual understanding of many academic subjects. Categories include the following:

- **Math** (Algebra, Geometry, Calculus, Brain Teasers, etc.)

- **Science** (Biology, Chemistry, Physics, etc.)
- **Computer Science** (Computer Programming, Animation, etc.)
- **Finance and Economics** (Core Finance, Investing, Banking, etc.)
- **Humanities** (History, American Civics, Art History, etc.)
- **Test Prep** (SAT, CAHSEE, CST, etc.)

Khan Academy has over 3,300

videos in addition to interactive challenges and assessments. The lessons are self-paced which means you can slow down, speed up, or skip topics altogether based on your own needs. You can even create a custom profile to monitor your progress through a system of learning points and badges. Ask a parent or teacher, then log on to Khan Academy — www.khanacademy.org — to get started today. There's even a free iPad app on iTunes! Join the six million students worldwide who are using this awesome online resource each month. Let the online learning begin!

Studies show it is VERY important to get enough sleep! If you are **7-12 years old**, you need from 10 - 11 hours of sleep per day. If you are between the ages of **12-18 years old**, you need from 8 - 9 hours per day. As a teenager you may actually need MORE sleep than in previous years (WebMD.com).

Are you getting enough sleep? If not, consider making adjustments to your schedule to allow for more sleep. You will reap the rewards and benefits of being well-rested in school and in life!

