

Growth Challenge

We challenged our Laidlaw Scholars to practice Leading with Growth. We are featuring scholars to showcase unique and creative ways of how growth can be cultivated.



Growth Challenge

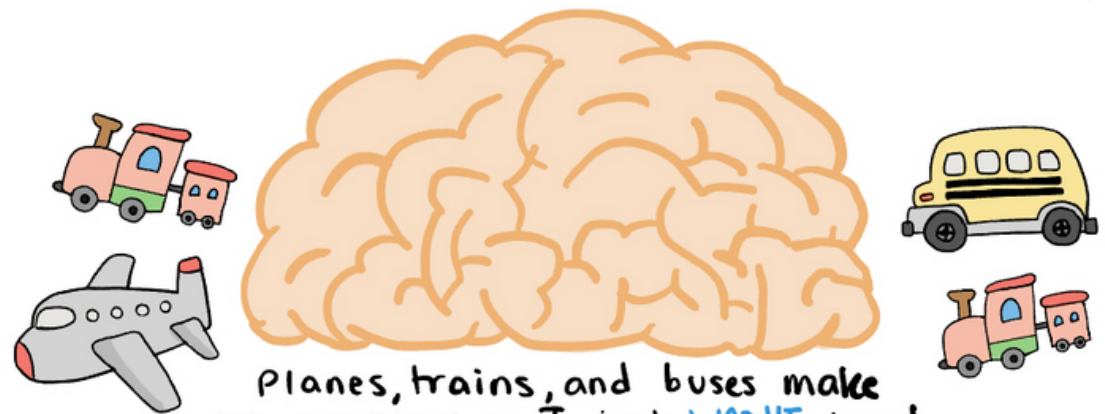


Trisha Bhujle

I've also started to view transportation more optimistically: rather than expending all my mental energy on trying not to feel nauseous on a bus, I turn my attention to the views outside or to the music on my playlist.



Cornell University



Planes, trains, and buses make me nauseous, so I just **WON'T** travel.

I **CAN'T** travel because I'm too scared of feeling miserable on the way.

I **WANT** to see the world, but nothing I try makes me feel less sick.

TEMPERANCE I'll **TRY** to be optimistic about travel.
Transportation is just a means to an exciting end. 😊

TRANSCENDENCE

DRIVE I **WILL** travel, and I won't let my worries get in my way.

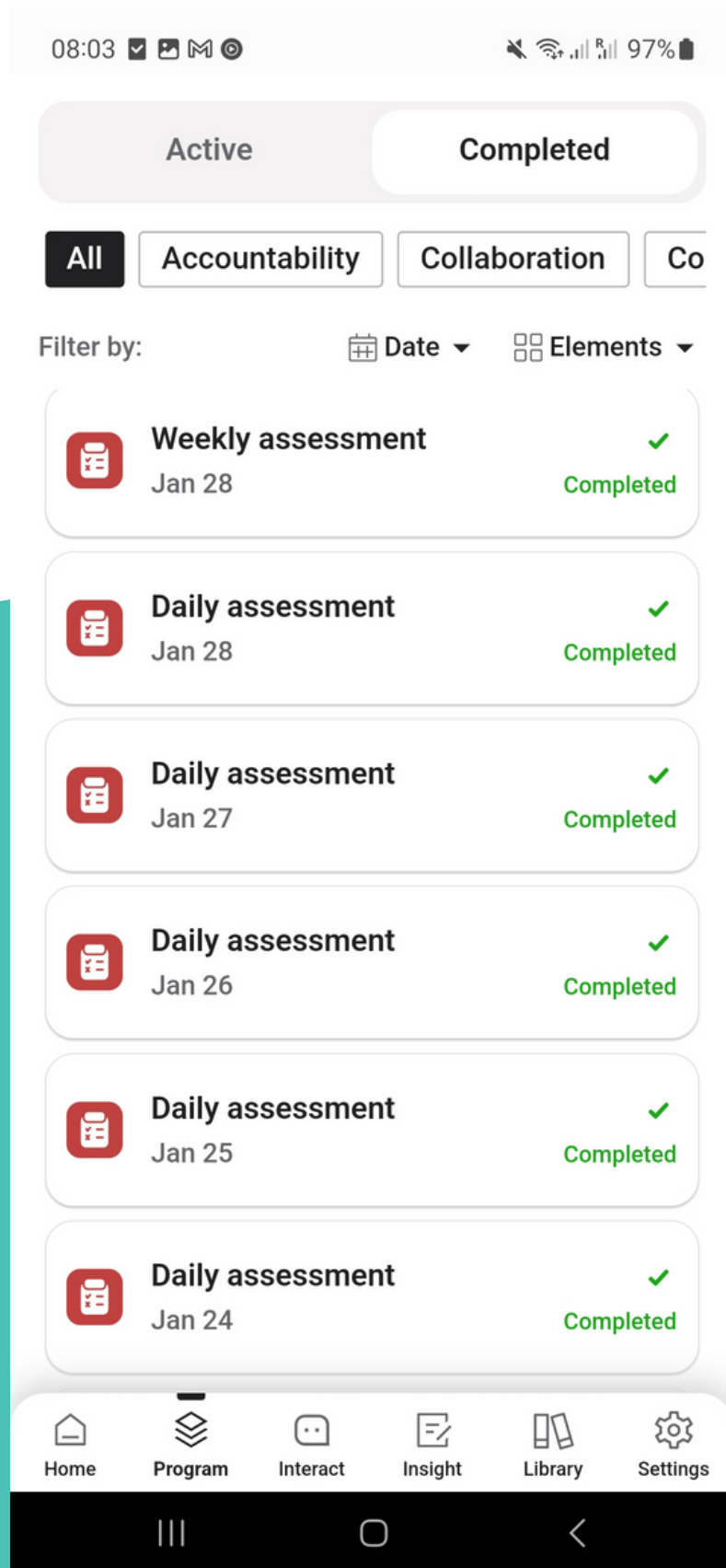
COURAGE

I **WENT** on a huge trip, and the experience was worth it.

I **LOVE** traveling! ❤️



Growth Challenge



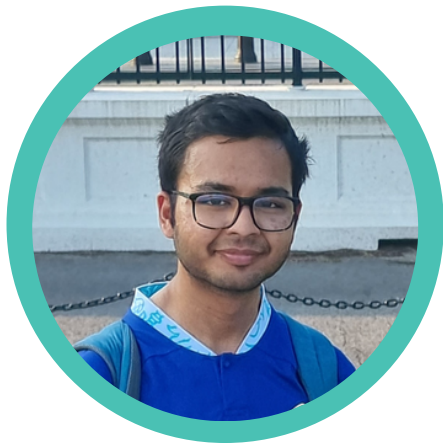
Sophia Waseem Khan

During this month, a journey of quiet self-discovery, acceptance of consequences and the emotive power of music has shaped a growth mindset that I am eager to continue nurturing in the challenges to come!



Durham
University

Growth Challenge



Anannyabrata Mandal

As part of the Growth challenge, I decided to make use of the app and see what I could make of it. I am glad I took this step because the experience has been much better than I expected! The daily challenges have been great at reminding me of thinking about the core values and how they are manifested in my day-to-day life, making me proactive about developing the focus I have chosen.

Weekly plan

	M	T	W	T	F	S	S
Daily Exercise	◇	●	●	✗	✓	✓	◇
Daily Assessment	✓	●	●	✓	✓	✓	✓
Confident Lesson	✓						
Weekly Assessment	✓						
Choose Focus Behavior							<input type="checkbox"/>



Cornell University



The Oxford Character Project

Growth Challenge

LEADING FOR GROWTH CHALLENGE
By Kiran Thind, The University of York

ACCEPTED
Welllllll Kind of....

Weekly plan
M T W T F S S
Daily Exercise
Daily Assessment
Accepts Consequences Lesson
Weekly Assessment
Choose Focust Behavior

Weekly behaviour
Your next Focus Behavior
Accepts Consequences
Strengthen Stage
Change next focus

OOPS!

Accountability

Humility

Integrity

Courage

OMG!

FORGIVE yourself REFLECTIONS

RECALIBRATING...

GROWTH MINDSET SCALE

REMINDER

Do not forget

I DID IT and look- I achieved a first!

I WILL write this essay and I WILL do my very best

I CAN write this essay with help and the resources I have acquired

I will try to complete this essay with the knowledge I have now gained

How do I do this? Which books can I start with?

I really want to learn how to understand Philosophy

I can't understand any if it

I hate Philosophy. I won't be able to do this essay

Over the last few weeks I have made an effort to improve on my growth mindset by trying to work on COURAGE, INTEGRITY, HUMILITY AND ACCOUNTABILITY. Although I have done so mainly through the work I do part-time, I realised that due to my work commitments, I left completion of my daily challenges on the Virtuosity App until the last day of submission. Rather than trying to find excuses however, I have learned to be more accepting of the consequences- although I also understood that I can sometimes feel burdened by this. The sessions are helping me to take accountability of my actions as the daily challenges would not have taken a long time to complete. Going forward, I can set a reminder on my phone to dedicate some time to completing the daily tasks. If I find this challenging I can refer to my previous growth mindset scale for when I reflected on finding a philosophy essay I found difficult because I did not believe I had the skills to complete it. This can help cultivate a more positive attitude and growth mindset towards the daily tasks I may otherwise leave until last minute



Kiran Thind

I found this challenge slightly difficult as I did not completely understand what was required. Once I used the growth mindset scale though to try and gauge an understanding I realised that the challenge could be whatever we make of it really. I used the scale that I had previously used for completing a challenging task as inspiration...



Growth Challenge

Arwen (Jingwen) Zhang

Engaging with the 'Leading with Growth' challenge has been a transformative journey, strengthening the virtue of accepting consequences in me.

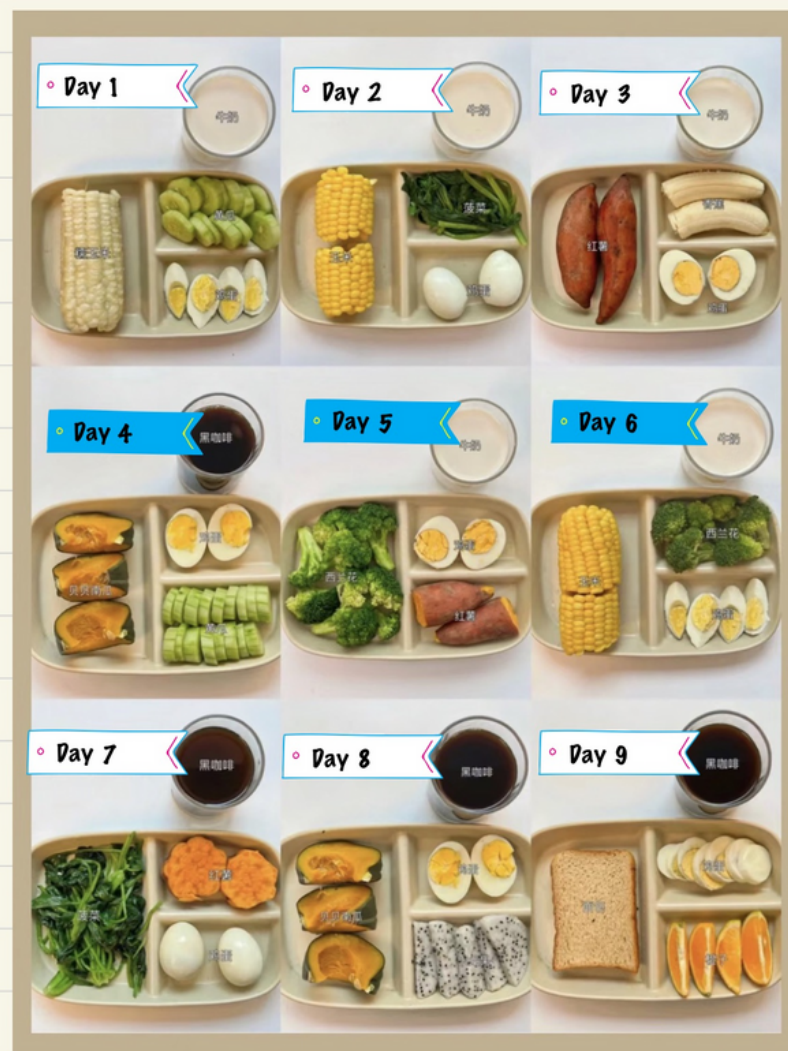


BROWN

Growth Challenge

Goal: Switching to a healthier diet

Starting from breakfast:



Through this challenge, I realized any big change takes small steps to build. I am particularly happy that I was able to continue after finishing the initial 7-day challenge. This means I am starting to switch turn this type of lifestyle into a habit!

Growth Challenge



Elhadj Barry

Virtuosity app completions:

- weekly plan
- choose focus behaviour
- learn the virtues and vices

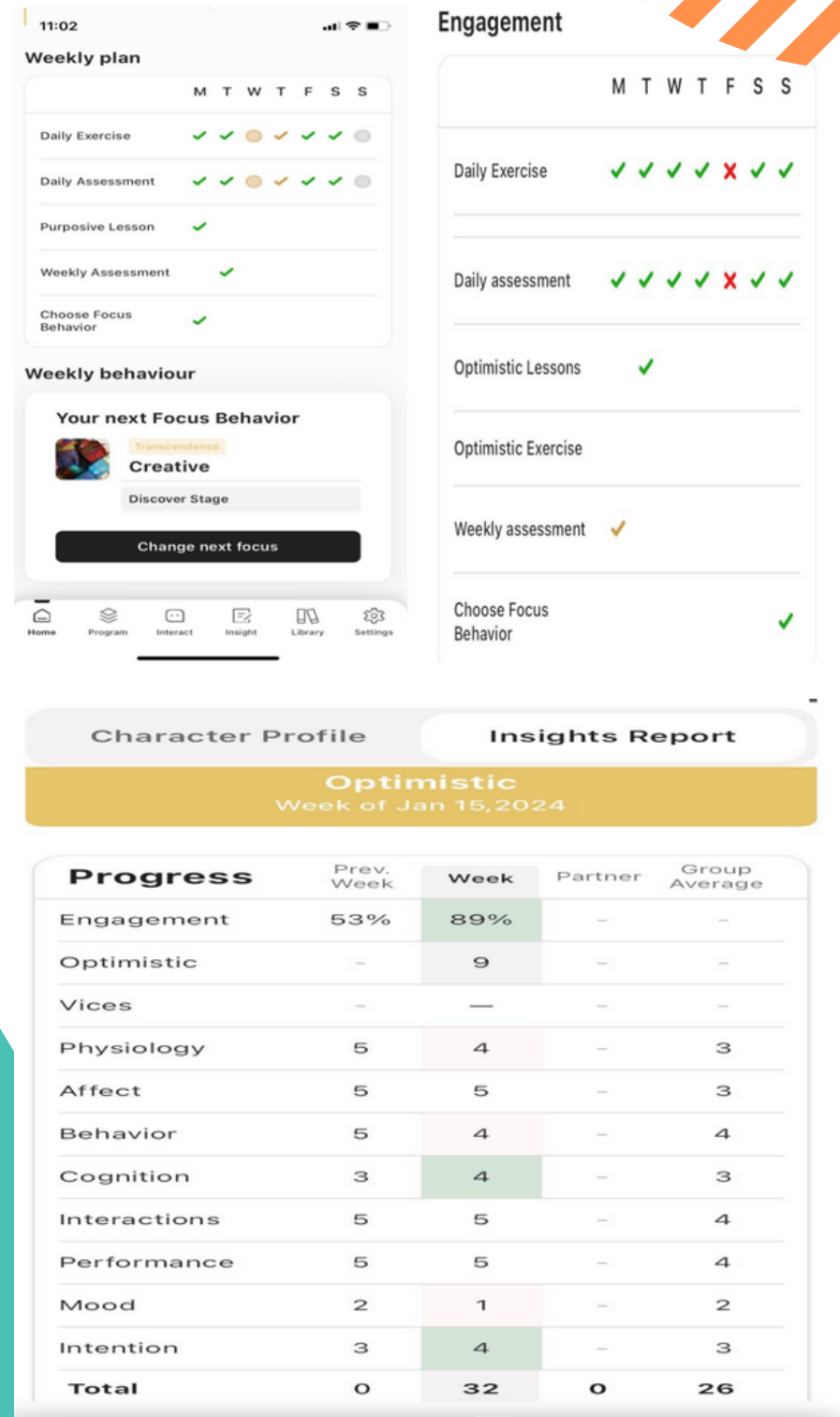
Reflection:

- monitoring my daily interaction with others
- observe how surroundings are handling these behaviours
- practice familiarisation with lessons

External lessons: videos, talks, conversations, and readings



BROWN



Growth Challenge



Youness Robert-Tahiri
University of Toronto

...I was specifically working on the virtue of forgiveness, which, come to think of it, may have been a very sensitive and vulnerable subject for me. As such, I think the notifications on the app were interpreted by me as having to enter a vulnerable state NOW and IMMEDIATELY. Once I disabled the notifications, I found myself naturally thinking about my progress towards a growth mindset regarding forgiveness and the cultivation of a more optimistic approach in my life. These natural occurrences almost exclusively occurred during my walks to school. It slowly became a routine: the 15-minute walk to class in the unbearable Canadian cold weather became (slightly) warmer thanks to having this time to reflect on letting go of old habits hindering my humanity...



UNIVERSITY OF
TORONTO



The Oxford
Character
Project

Growth Challenge



Leo Shih



Georgetown
University

#	Title	Album
1	I Was Here Beyoncé	4
2	2 days into college Aimee Carty	2 days into college
3	Glorious (feat. Skylar Grey) E Macklemore, Skylar Grey	GEMINI
4	The Boxer The Whiffenpoofs	The Invention of a Cappella and ...
5	The Nights Avicii	The Days / Nights
6	If I Can Dream The Whiffenpoofs	On the Bumpy Road
7	Wrote My Way Out (Remix) [feat. Al...] E Royce Da 5'9\", Joyner Lucas, Black Th...	Wrote My Way Out (Remix) [feat. ...
8	Soldier, Poet, King The Oh Hellos	Dear Wormwood
9	A Million Dreams Ziv Zaifman, Hugh Jackman, Michelle Will...	The Greatest Showman (Original ...

Growth Challenge

Insights

 Partners

Character Profile

Insights Report

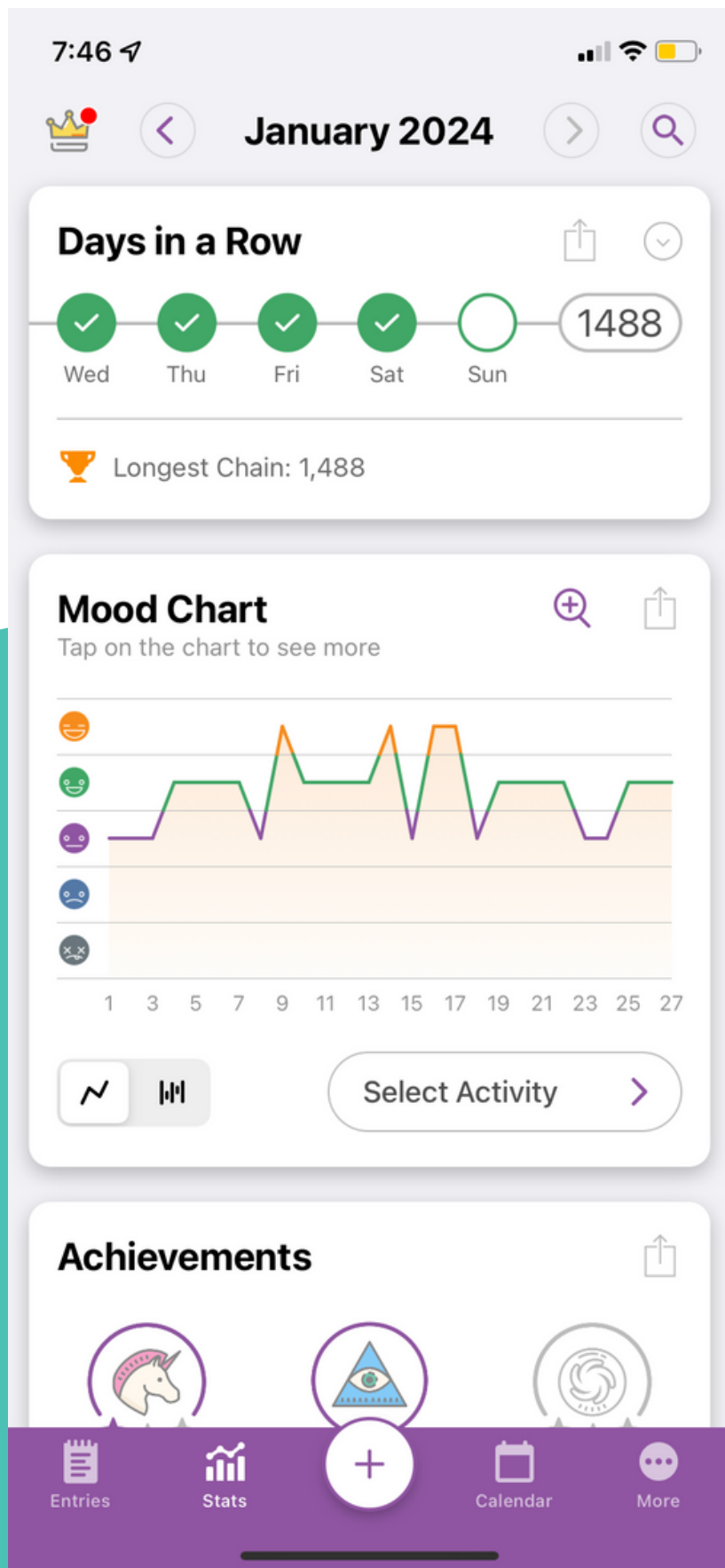
Compassionate
Week of Jan 15, 2024



Happy to see improvements in my emotional regulation, cognitive wellbeing, and interactions with significant people in my life upon practicing compassion towards myself and others!

Progress	Prev. Week	Week	Partner	Group Average
Engagement	36%	71%	-	-
Compassionate	-	3	-	-
Vices	-	-	-	-
Physiology	3	2	-	3
Affect	2	3	-	3
Behavior	2	2	-	4
Cognition	1	3	-	3
Interactions	2	3	-	4
Performance	1	2	-	4
Mood	2	2	-	2
Intention	4	2	-	3
Total	0	20	0	26

Growth Challenge



I use the app Daylio for journaling, reflection, personal growth, and tracking my progress!

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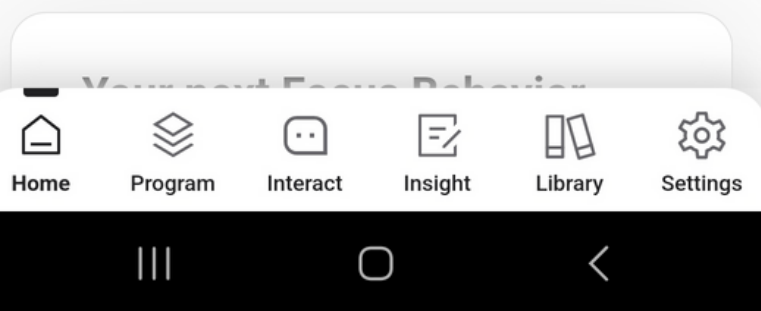
22:59 Looks like (and doesn't look like) by observing your own behaviours and the behaviour of others.

Practice observing virtues and vices in yourself and others; Continuous Learner (virtue); Fixed mindset (- vice); Lacking focus (+ vice).

Weekly plan

	M	T	W	T	F	S	S
Daily Exercise	✓	✓	✓	✓	✓	●	✓
Daily Assessment	✓	✓	✓	✓	✓	●	✓
Continuous Learner Lesson							✓
Weekly Assessment							✓
Choose Focus Behavior							✓

Weekly behaviour



I found it really helpful to focus on developing a growth mindset as I at times do fall into a fixed mindset when things aren't going to plan. I found the strategies helpful and I have been able to change my mindset towards being more open, and being open for personal growth. I am also getting into the habit of doing my virtuosity every day. I have used habit stacking to help me out with doing it.