

Growth mindset

Last Friday, Mr. Yamashita and I talked to the students about having the correct mindset at school. We told them it's important to keep a few things in mind:

■ Maximize your opportunities

Being at SOLAN gives every student access to fantastic resources, teachers, and experiences. A growth mindset means taking full advantage of these opportunities every single day.

■ The Power of Compounding Skills

Learning works like compound interest. The small efforts, daily practice, and mistakes you make today stack up over time, leading to massive breakthroughs later on.

■ Your brain is a muscle

Deep learning can feel uncomfortable or frustrating in the moment, but that discomfort is actually your brain growing stronger. The hard work you put in now opens doors for your future self.

■ Elevating the whole team

A strong mindset isn't just individual, it's communal. When we focus during class and pull our weight in group work, we create an environment where everyone feels respected and supported to do their best.

■ Confidence & Life skills

The biggest benefit of a growth mindset is resilience. When students try their best, they stop seeing failure as a dead end and start seeing it as valuable feedback. That builds genuine confidence, reliability, and problem-solving skills that last a lifetime.

Think of learning like playing an RPG: your character doesn't start at Level 100 with maxed-out stats. You have to grind, complete quests, and face tough bosses to gain Experience Points (XP). Every difficult math problem or worksheet you practice is simply earning XP to make your brain stronger. When you make a mistake, don't quit; treat it like hitting "Respawn," tweaking your strategy, and trying the level again. Supporting your classmates during group work is just like playing in a multiplayer party: everyone levels up together.

English Project

