

GROWTH MINDSET

MISTAKES
HELP ME
LEARN

FEEDBACK IS
VALUABLE

I IMPROVE
WITH
PRACTICE

IS THIS
MY BEST
WORK?

I WON'T
GIVE UP



FIXED MINDSET

I WANT TO
AVOID MAKING
MISTAKES

I'LL NEVER BE
THAT SMART

I KNOW
BEST

I
GIVE UP

THIS IS
GOOD
ENOUGH



Quick Start Self Help Mindset

Robert R. Redfield



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initial volume $v_1 = 10 \text{ liter} = 10 \text{ dm}^3 = 10 \times 10^{-3} \text{ m}^3$

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following procedure 1 summarize given data in own words leave out unneeded information 2 clearly understand identify what is being asked for draw a sketch showing interactions states and identify a solution strategy

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identify the equations that you will have to use to solve the problem

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usually a good approximation to set w equal to w_{lab}

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temperature remains constant $\Delta t = 0$ since internal energy depends on the temperature $\Delta u = 0$ from first law of thermodynamics

$\Delta u = \Delta q + \Delta w$ since $\Delta u = 0$ $\Delta q = -\Delta w$ also p, v nrt as t is constant p, v