

# Lesson 3: Flexible thinking and mindset

Responding successfully to change is all in your head

**Read through and think about each of the following:**

- Become a more flexible thinker from Psychology Today  
<https://www.psychologytoday.com/us/blog/in-practice/201409/become-more-flexible-thinker>
- It's all in the mindset  
<https://openstax.org/books/college-success/pages/2-3-its-all-in-the-mindset>
- "Failure Is Not an Option" from *Foundations of Academic Success: Words of Wisdom*  
<https://milnepublishing.geneseo.edu/foundations-of-academic-success/chapter/failure-is-not-an-option/>