

MAT223 READING AND REFLECTION 3

Reading Assignment.

The following reading assignment will help prepare you for Reading Quiz 3, which is due on Quercus no later than **Monday, January 27th, by 11:59pm**.

Unless otherwise indicated, the reading below is from the [course lecture notes](#).

Section	Pages	Learning Objectives
Appendix A3	p. 112	Learn how to prove two sets are equal
Appendix A4	p. 113	Learn how to write a proof by contradiction
Section 3.2	pp. 35-36	Read the proof of Theorem 3.8

Reflection Assignment.

This week, we'd like you to spend some time exploring the idea of **growth mindset**. Please follow the instructions below, and then complete the associated survey on Quercus.

1. Take some time to reflect on the following question: do you consider yourself to be “good at math”? What does it mean to be “good at math”? Do you think mathematical skill is innate (something you're born with) or learned?
2. Read [this short overview](#) of Growth Mindset on the first page of the handout.
3. Watch [this excerpt](#) from The Huberman Lab podcast on Cultivating Growth Mindset (the clip should start at 26:45. please watch until the ad break at 34:36). Dr. Huberman is a neurobiology professor at Stanford who is known for being an excellent science communicator. If you have the time, the whole podcast is worth a listen.