

Growth mindset interventions

An international University student has a hard time finding his feet in the Netherlands. He has started to believe he's not smart enough and not cut out for studying abroad. The progress focused coach has a conversation with him and in stills a growth mindset in this student. Read the below dialogue and fill in which interventions the coach does: what does the coach say?

Coach	
Student	Well...eh...it's not easy...
Coach	
Student	No...I mean...Everything is so different here...I don't speak Dutch, there is so much administrative hassle to get through, all those forms are in Dutch...and I miss my family...I don't know, maybe I bit off more than I can chew...Maybe I am not the type of person I thought I was...I don't think I am cut out for this...
Coach	
Student	Yeah...yes exactly...It's all quite a shock...
Coach	
Student	Yes...maybe I am not smart enough to manage it all...
Coach	
Student	So I'm not the only one...You do think I am at the right place...You think so...?
Coach	
Student	Eh...I am having problems with understanding these forms that I have to fill in in order to be allowed to stay and study... And I find it hard to meet other international students...The Dutch just seem to get along so well and I don't understand them...
Coach	
Student	Eh...the forms...if I don't deal with those I am not even sure I can stay here...
Coach	
Student	Yes, please! I didn't know there's a support desk?