

CHANGING MY MIND

ONE STEP AT A TIME



GROWTH MINDSET

- ✦ I can try a different strategy.
- ✦ Is this really my best work?
- ✦ This may take some time and effort.



FIXED MINDSET

- 🔒 I can't do this.
- 🔒 This work is good enough.
- 🔒 This is too hard.

Self Help Mindset How To

L Towne



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web we utilize the equation that relate amount remaining initial mass and number of half lives $n = \frac{t}{T} \times n_0$ 1 2 4 x 50 3 125 g 5 what is the half life of an isotope that is 80 remained after 16 days solution remaining 80 100 therefore $n = \frac{t}{T} \times n_0$ 100 now using the half life equation in example 1 we have

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