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## Metacognition In Who Moved My Cheese

A growth mindset is being able to develop and adapt through hard work and good strategies. Haw demonstrated an impeccable development of growth mindset, Haw eventually became aware his old ways would not lead him to new cheese. Haw once allowed his fear to imprison him in that maze, he then realized that he needed to trust the process and let go. For example, "He reflected on the mistakes he had made in the past and used them to plan for his future. He knew that you could learn to deal with change. You could be more aware of the need to keep things simple, be flexible, and move quickly. You did not need to overcomplicate matters or confuse yourself with fearful beliefs." He was now prepared to adapt to any changes, and advanced forward to always being able to find his new cheese.

Stress management would be specific strategies and techniques to help deal with stress. Scurry and Sniff were great examples of this by being able to quickly adapt to what was happening around them due, to them keeping their life simple and always pushing forward. For example, "While Sniff and Scurry had quickly moved on, Hem and Haw continued to hem and haw. They ranted and raved at the injustice of it all. Haw started to get depressed.". Scurry and Sniff were always to anticipate change and not get discouraged.

Metacognition is reflecting on ones thought process and their level of awareness. Haw ultimately was able to change the trajectory of his situation by becoming aware. Reflecting is what he did a great deal of for example, "Haw now realized that the change probably would not have taken him by surprise if he had been watching what was happening all along and if he had anticipated change. Maybe that's what Sniff and Scurry had been doing." Haw was able to admit that his old and intitled ways actually holding him back.

Thinking Flexibly is all about being able to morph yourself to be quick on your feet, following instinct, and being able to adapt to any situation at any time. Scurry was able change into being a flexible thinker for example, "The mice did not over analyze things. To the mice, the problem and the answer were both simple. The situation at Cheese Station C had changed.

So, Sniff and Scurry decided to change.". They would go head first into the problem which is adventuring through a maze they truly knew nothing about. L.Costa stated ".....to solve problems with incomplete information." which would be another key factor in thinking flexible.