

Statement	SA	A	D	SD
1. Your intelligence is something very basic about you that you can't change very much.				
2. No matter how much intelligence you have, you can always change it quite a bit.				
3. You can always substantially change how intelligent you are.				
4. You are a certain kind of person, and there is not much that can be done to really change that.				
5. You can always change basic things about the kind of person you are.				
6. Music talent can be learned by anyone.				
7. Only a few people will be truly good at sports – you have to be “born with it.”				
8. Math is much easier to learn if you are male or maybe come from a culture who values math.				
9. The harder you work at something, the better you will be at it.				
10. No matter what kind of person you are, you can always change substantially.				
11. Trying new things is stressful for me and I avoid it.				
12. Some people are good and kind, and some are not – it's not often that people change.				
13. I appreciate when parents, coaches, teachers give me feedback about my performance.				
14. I often get angry when I get feedback about my performance.				
15. All human beings without a brain injury or birth defect are capable of the same amount of learning.				
16. You can learn new things, but you can't really change how intelligent you are.				
17. You can do things differently, but the important parts of who you are can't really be changed.				
18. Human beings are basically good, but sometimes make terrible decisions.				
19. An important reason why I do my school work is that I like to learn new things.				
20. Truly smart people do not need to try hard.				

My Total Score:

Strong Growth Mindset = 45 – 60 points

Growth Mindset with some Fixed ideas = 34 – 44 points

Fixed Mindset with some Growth ideas = 21 – 33 points

Strong Fixed Mindset = 0 – 20 points

My Current Mindset:

Three Things I Can Do To Change My Mindset

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FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> • SOMETHING YOU'RE BORN WITH • FIXED 	SKILLS	<ul style="list-style-type: none"> • COME FROM HARD WORK. • CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> • SOMETHING TO AVOID • COULD REVEAL LACK OF SKILL • TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> • SHOULD BE EMBRACED • AN OPPORTUNITY TO GROW. • MORE PERSISTANT
<ul style="list-style-type: none"> • UNNECESSARY • SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> • ESSENTIAL • A PATH TO MASTERY
<ul style="list-style-type: none"> • GET DEFENSIVE • TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> • USEFUL • SOMETHING TO LEARN FROM • IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> • BLAME OTHERS • GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> • USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

Statement	SA	A	D	SD
1. ability mindset - fixed	0	1	2	3
2. ability mindset - growth	3	2	1	0
3. ability mindset - growth	3	2	1	0
4. personality/character mindset - fixed	0	1	2	3
5. personality/character mindset - growth	3	2	1	0
6. ability mindset - growth	3	2	1	0
7. ability mindset - fixed	0	1	2	3
8. ability mindset - fixed	0	1	2	3
9. ability mindset - growth	3	2	1	0
10. personality/character mindset - growth	3	2	1	0
11. ability mindset - fixed	0	1	2	3
12. personality/character mindset - fixed	0	1	2	3
13. ability mindset - growth	3	2	1	0
14. ability mindset - fixed	0	1	2	3
15. ability mindset - growth	3	2	1	0
16. ability mindset - fixed	0	1	2	3
17. personality/character mindset - fixed	0	1	2	3
18. personality/character mindset - growth	3	2	1	0
19. ability mindset - growth	3	2	1	0
20. ability mindset - fixed	0	1	2	3