Survey categories\_final

1. Excellent!  You are thinking with a growth mindset most of the time. You are ok with challenging work because you know that is the fastest way to improve your current abilities.  You don’t see getting an answer wrong as the worst thing in the world, because now you will know that answer next time.   
  
Even people that have a growth mindset most of the time sometimes have areas in their life where they don’t apply the same logic.  For example, even people that have worked hard to improve in athletics may not approach math or art with the same mindset.  Given where you are starting, your task should be to look for exceptions to your growth mindset – are there times, places, or subjects where you might apply a growth mindset more consistently? Are there ways to help your friends, family, or classmates see their own potential for growth?  
  
2. You’re on your way! You sometimes feel like your abilities, skills, and intelligence can be improved through effort. Other times you feel like no matter how hard you work, it won’t change your basic skill level.  Scientific evidence suggests, however, that you CAN improve through effort and hard work, so your task is to more consistently approach challenges knowing you can get better.  
  
A good approach that you can use to more consistently approach challenges with a growth mindset is to examine your language and behavior. If you are avoiding tasks that are difficult for you, there is probably a fixed mindset at the root – a belief that you can’t improve much. Instead, recognize that when work is difficult, that is exactly when you are learning the most!  
  
3. Still a ways to go! Right now, you lean toward thinking that your intelligence doesn’t change much. You prefer not to make mistakes if you can help it. You probably don’t really like to put in a lot of effort on things that don’t come easily to you, because you don’t really expect it will help. You may think that learning should be fast and when you find something difficult you may feel like giving up.    
  
Most everyone has these beliefs to some extent, or in some area of their life.  By learning to approach life with a growth mindset, you may find yourself learning more, and achieving successes in areas where you thought you just weren’t any good. This transition may be difficult at first, but it feels great to work hard and improve, and succeed where you thought you couldn’t. A good approach you can use to more consistently approach challenges with a growth mindset is to examine your language and behavior. If you are avoiding tasks that are difficult for you, there is probably a fixed mindset at the root – a belief that you can’t improve much.  Instead, recognize that when works is difficult, that is exactly when you are learning the most!