

What type of mindset do you have?

Are you more of a “fixed” mindset person, or a “growth” mindset person? Answer the questions below, tally your results (using the scorecard on the next page), and see!

1. No matter how much intelligence you have, you can always change it.
2. You are a certain kind of person, and there is not much that can be done to really change that.
3. You can always change basic things about the kind of person you are.
4. Musical talent can be developed in anyone.
5. Only a few people will be truly good at sports – you have to be “born with it.”
6. Math is much easier to learn if you are male or maybe come from a culture who values math.
7. Some people are good and kind, and some are not – it’s not often that people change.
8. Truly smart people do not need to try hard.
9. The harder you work at something, the better you will be at it.
10. I appreciate when peers and supervisors give me feedback about my performance.
11. Trying new things is stressful for me and I avoid it.
12. You can learn new things, but you can’t really change how intelligent you are.
13. You can do things differently, but the important parts of who you are can’t really be changed.
14. Human beings are basically good, but sometimes make terrible decisions.

1.	SA	A	D	SD
2.	SA	A	D	SD
3.	SA	A	D	SD
4.	SA	A	D	SD
5.	SA	A	D	SD
6.	SA	A	D	SD
7.	SA	A	D	SD
8.	SA	A	D	SD
9.	SA	A	D	SD
10.	SA	A	D	SD
11.	SA	A	D	SD
12.	SA	A	D	SD
13.	SA	A	D	SD
14.	SA	A	D	SD

SA: Strongly Agree

A: Agree

D: Disagree

SD: Strongly Disagree

Scoring

35 – 42 Points: Strong Growth Mindset

26 – 34 Points: Growth Mindset with some Fixed ideas

16 – 25 Points: Fixed Mindset with some Growth ideas

0 – 15 Points: Strong Fixed Mindset

Think About It

We bet that at some time you’ve learned something new or improved the way you’ve completed a task. Thinking about this, and the way in which you accomplished this, can help to build your growth mindset. Did you pick up a foreign language? Ace a course in college for which you really had to study hard? Answer the questions below about an accomplishment to build your growth mindset.

What did you do? _____

What made it hard? _____

What tactics did you employ to learn in a new way or start to understand what you needed to do?

What did you learn about yourself?

How have you used your tactics and what you learned to do other new things?

Points Earned for Each Response

	Strongly Agree	Agree	Disagree	Strongly Disagree
1.	3	2	1	0
2.	3	2	1	0
3.	3	2	1	0
4.	3	2	1	0
5.	0	1	2	3
6.	0	1	2	3
7.	0	1	2	3
8.	0	1	2	3
9.	3	2	1	0
10.	3	2	1	0
11.	0	1	2	3
12.	0	1	2	3
13.	0	1	2	3
14.	3	2	1	0

Your Score

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

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Your
Total