**Indicate to what extent you agree or disagree with the following statement by putting an “X” in the corresponding box.[[1]](#footnote-1)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 1. Your intelligence is something very basic about you that you can’t change very much. |  |  |  |  |
| 1. No matter how much intelligence you have, you can always change it quite a bit. |  |  |  |  |
| 1. You can always improve your understanding of math. |  |  |  |  |
| 1. You can learn new things, but you can’t really change your basic math intelligence. |  |  |  |  |
| 1. You can always change basic things about the kind of person you are. |  |  |  |  |
| 1. Math can be learned by anyone. |  |  |  |  |
| 1. Only a few people will be truly good at math – you have to be “born with it.” |  |  |  |  |
| 1. I like math work best when I can do it really well without too much trouble. |  |  |  |  |
| 1. The harder you work at something, the better you will be at it. |  |  |  |  |
| 1. I like math work best when it makes me think hard. |  |  |  |  |
| 1. Trying new things is stressful for me and I avoid it. |  |  |  |  |
| 1. When I work hard at math, it makes me feel like I’m not very smart. |  |  |  |  |
| 1. I appreciate when people, parents, coaches, teachers give me feedback about my performance. |  |  |  |  |
| 1. I often get angry or discouraged when I get critical feedback about my performance. |  |  |  |  |
| 1. I like math work that I’ll learn from even if I make a lot of mistakes. |  |  |  |  |
| 1. I like math work best when I can do it perfectly without any mistakes. |  |  |  |  |
| 1. You can do things differently, but the important parts of who you are can’t really be changed. |  |  |  |  |
| 1. When something in math is hard, it just makes me want to work more on it, not less. |  |  |  |  |
| 1. An important reason why I do my schoolwork is that I like to learn new things. |  |  |  |  |
| 1. Truly smart people do not need to try hard. |  |  |  |  |

Some of the statements on the previous page are indicative of a growth mindset and some are indicative of a fixed mindset:

|  |  |
| --- | --- |
| 1. Fixed 2. Growth 3. Growth 4. Fixed 5. Growth 6. Growth 7. Fixed 8. Fixed 9. Growth 10. Growth | 1. Fixed 2. Fixed 3. Growth 4. Fixed 5. Growth 6. Fixed 7. Fixed 8. Growth 9. Growth 10. Fixed |

Score your responses according to the following:

*Growth Questions*

1. Strongly agree – 3 points
2. Agree – 2 points
3. Disagree – 1 points

My Score

1. Strongly disagree – 0 point

*Fixed Questions*

1. Strongly agree – 0 point
2. Agree – 1 points
3. Disagree – 2 points
4. Strongly disagree – 3 points

Strong Growth Mindset = 60-45 points

Growth Mindset with some Fixed ideas = 44-34 points

Fixed Mindset with some Growth ideas = 33-21 points

Strong Fixed Mindset = 20-0 points

In your group, consider the following questions:

1. Do you think your score is accurate?
2. Where/when in your life can you recognize fixed mindsets? Where/when are you growth-minded?
3. How will you apply a growth mindset during the upcoming statistics sequence?

1. Adapted from <https://www.classroom20.com/forum/topics/motivating-students-with> and <https://www.research.net/r/MM9LKJD> [↑](#footnote-ref-1)