

APPENDIX A – DWECK MINDSET INSTRUMENT (DMI)

DWECK MINDSET INSTRUMENT

Directions: Read each sentence below and then mark the corresponding box that shows how much you agree with each sentence. There are no right or wrong answers.

	1	2	3	4	5	6
	Strongly Agree	Agree	Mostly Agree	Mostly Disagree	Disagree	Strongly Disagree
1) You have a certain amount of intelligence, and you really can't do much to change it.						
2) Your intelligence is something about you that you can't change very much.						
3) No matter who you are, you can significantly change your intelligence level.						
4) To be honest, you can't really change how intelligent you are.						
5) You can always substantially change how intelligent you are.						
6) You can learn new things, but you can't really change your basic intelligence.						
7) No matter how much intelligence you have, you can always change it quite a bit.						
8) You can change even your basic intelligence level considerably.						

	1	2	3	4	5	6
	Strongly Agree	Agree	Mostly Agree	Mostly Disagree	Disagree	Strongly Disagree
9) You have a certain amount of talent, and you can't really do much to change it.						
10) Your talent in an area is something about you that you can't change very much.						
11) No matter who you are, you can significantly change your level of talent.						
12) To be honest, you can't really change how much talent you have.						
13) You can always substantially change how much talent you have.						
14) You can learn new things, but you can't really change your basic level of talent.						
15) No matter how much talent you have, you can always change it quite a bit.						
16) You can change even your basic level of talent considerably.						