



Name: \_\_\_\_\_

Due Date \_\_\_\_\_

### Growth vs Fixed Mindset Survey

*Rank each statement from 1-(Strongly Disagree) to 5-(Strongly Agree)*

1. \_\_\_\_\_ The main point of doing classwork is to get a good grade.
2. \_\_\_\_\_ Anyone can learn anything (possibly excepting certain individuals with disabilities).
3. \_\_\_\_\_ I don't offer constructive criticism to others because I hate to be criticized.
4. \_\_\_\_\_ I don't mind if I answer a teacher's question wrong as long as I learn something.
5. \_\_\_\_\_ I feel intimidated when I am with someone who is smarter than me.
6. \_\_\_\_\_ I would rather challenge myself and fail than not try something at all.
7. \_\_\_\_\_ When I'm wrong, I don't give in, even when I know I'm wrong.
8. \_\_\_\_\_ "Good effort!" is a better compliment than "Good job!"
9. \_\_\_\_\_ There are some things I'm just not good at.
10. \_\_\_\_\_ Attitude and effort are more important than ability.
11. \_\_\_\_\_ It is important for me to look good in the eyes of my teachers and peers.
12. \_\_\_\_\_ I don't care what anyone thinks about me.
13. \_\_\_\_\_ When I go to a restaurant, I prefer to stick to the items I know instead of something new.
14. \_\_\_\_\_ When I get frustrated, it makes me want to try harder.
15. \_\_\_\_\_ It's more important to look smart than it is to actually be smart.
16. \_\_\_\_\_ I often learn things in non-academic settings.
17. \_\_\_\_\_ There are some things I'm just not good at.
18. \_\_\_\_\_ When I disagree with someone, I try to see things from their point of view before arguing.
19. \_\_\_\_\_ Natural ability is more important than the amount of time one spends practicing.
20. \_\_\_\_\_ I like to spend time with people who are smarter or more talented than I am.
21. \_\_\_\_\_ I like easy assignment better than challenging ones.
22. \_\_\_\_\_ Criticism is good as long as it helps me to grow.
23. \_\_\_\_\_ When a teacher calls on me, I'm afraid they will think I'm not smart if I get the answer wrong.
24. \_\_\_\_\_ I would rather fail at a hard task than succeed at an easy one.
25. \_\_\_\_\_ Don't ever confront your boss. You need the job more than they need you.
26. \_\_\_\_\_ Sometimes, I ask "dumb questions" in order to learn, even if it makes me seem less smart.

Total Odd: \_\_\_\_\_ Total Even: \_\_\_\_\_

Final Score: Subtract (Total Odd - Total Even): \_\_\_\_\_

*Your total can range from -52 to 52. Scores less than -25 indicates a strong growth mindset whereas scores greater than 25 indicate a strong fixed mindset.*