



Name: _____

Due Date _____

Growth vs Fixed Mindset Survey NEEDS REVISION

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. _____ People are born with a certain amount of intelligence, and that can't be changed.
19. _____ Natural ability is more important than the amount of time one spends practicing.
20. _____ Dealing with someone who is smarter than me makes me feel nervous.
21. _____ I like easy assignment better than challenging ones.
22. _____ It's more important to look smart than it is to actually be smart.
23. _____ It's better to ignore negative comments about something I have done.
24. _____ I would rather succeed at an easy task than take on a challenging project and fail.
25. _____ When I am criticized, I feel the need to defend myself or make excuses.
26. _____ Don't ever confront your boss. You need the job more than they need you.

Total: _____

Your total can range from 26 to 130. Scores less than 52 indicates a strong growth mindset whereas scores greater than 104 indicate a strong fixed mindset.