



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

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

### Growth vs Fixed Mindset Survey

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

1. \_\_\_\_\_ There are some things I'm just not good at.
2. \_\_\_\_\_ People are born with a certain amount of intelligence, and that can't be changed.
3. \_\_\_\_\_ Natural ability is more important than the amount of time one spends practicing.
4. \_\_\_\_\_ Dealing with someone who is smarter than me makes me feel nervous.
5. \_\_\_\_\_ I like easy assignment better than challenging ones.
6. \_\_\_\_\_ It's more important to look smart than it is to actually be smart.
7. \_\_\_\_\_ Its better to ignore negative comments about something I have done.
8. \_\_\_\_\_ I would rather succeed at an easy task than take on a challenging project and fail.
9. \_\_\_\_\_ When I am criticized, I feel the need to defend myself or make excuses.
10. \_\_\_\_\_ Don't ever confront your boss. You need the job more than they need you.

Total: \_\_\_\_\_

*Your total can range from 10 to 50. Scores less than 20 indicates a strong growth mindset whereas scores greater than 40 indicate a strong fixed mindset. Scores between 20 and 40 indicate a combination of the two mindsets.*