

Your Mindset Score is 37 What the Scores Mean:

45-60 YOUR RESULTS SUGGEST A STRONG GROWTH MINDSET.

34-44 YOUR RESULTS SUGGEST A GROWTH MINDSET BUT WITH SOME FIXED IDEAS.

21-33 YOUR RESULTS SUGGEST A FIXED MINDSET, BUT WITH SOME GROWTH IDEAS.

0-20 YOUR RESULTS SUGGEST A STRONG FIXED MINDSET.

MORE ABOUT MINDSET:

QUIZ: HAVE YOU GOT A PLAYFUL MINDSET?

DO YOU HAVE A GROWTH MINDSET?

VIDEO: DEVELOPING A GROWTH MINDSET

More Quizzes
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Submit a short synopsis of your thoughts on Mindset. Answer the following questions - what was your result from the Mindset quiz. Do you have a different perspective on Mindset now? Do you think it will affect your outlook moving forward?

After watching the Carol Dweck video on mindset and subsequently taking the Mindset Questionnaire (of which I scored a 37), I'm not entirely sold on the idea of Fixed/Growth Mindsets. Sure, I think that there are certain ways in which individuals either approach experiences passively or actively, but these experiences are too broad to generalize with either a fixed or growth mindset. I think that it's more valuable to consider the skills and ways in which people often grow and learn new skills. I've been fortunate to teach piano lessons throughout both high-school and college as doing so has really instilled in me a deep understanding of how most people learn. In my experience, notions of "intelligence" or "mindsets" often have little to do with our abilities to take on new skills and challenges; rather, the processes we develop for doing so are really the star of the show. Something I like to focus on in working with my students (and in my own studies) is finding the ways which I can break down information and make things as easy as possible. In music, this can be done by practicing pieces in small sections at slow tempos while gradually increasing speed after every successful repetition. This process of breaking things down is one that has generally worked really well for me but I'm aware that it's not the only way. What I do know, however, is that the tangibility of using and developing processes like these is more productive than prescribing mindsets or intelligence points.

P.S. Sorry that came across a bit ranty! Just something I think about pretty often