

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

## Measure of Mindset Activity

**Instructions:** This page has questions about how you think and feel. The answers you give will help you understand if you have a **FIXED** or **GROWTH Mindset**. read each question and circle the number that best represents how you feel about the statement.

	Never	Sometimes	Often	Always
1. I get excited to try something new.	0	1	2	3
2. I do not give up easily.	0	1	2	3
3. Working hard will pay off.	0	1	2	3
4. When things get hard, I say, "I can't do it".	0	1	2	3
5. I never give up.	0	1	2	3
6. When things are hard, I keep trying.	0	1	2	3
7. Giving effort makes things better.	0	1	2	3
8. When my schoolwork is hard, I keep trying.	0	1	2	3
9. I believe I can learn from making mistakes.	0	1	2	3
10. Effort is more important than natural ability.	0	1	2	3
11. I believe that I should be able to learn easily.	0	1	2	3
12. I give up when something is hard to learn.	0	1	2	3
13. I do not like to work on hard assignments.	0	1	2	3
14. Hard work does not make a difference.	0	1	2	3
15. When things get hard, I give up.	0	1	2	3
16. I give up easily.	0	1	2	3
17. If I am not good at something from the start, I will never be good at it.	0	1	2	3
18. When I do not understand something, I get frustrated, and I give up.	0	1	2	3
19. You are born with certain talents and that cannot change.	0	1	2	3
20. If I am stuck, I quit.	0	1	2	3

To calculate your final number, add your total points from questions 1 to 10, then add your total points from questions 11 to 20.,

(Total points from questions 1 through 10) - (Total points from questions 11 through 20) = Mindset number.

Strong Fixed -10 to -19	Somewhat Fixed -1 to -9	Neutral Mindset = 0.	Emerging Growth = 1 to 9	Strong Growth 10 to 19	Extreme Growth Mindset 20 to 30
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