

MINDSET QUIZ

1. Circle the number that best describes your response to each statement.
2. Total and record your score when you have completed each of the 10 questions.
3. Use the SCORE CHART to record your mindset.

Statements	Strongly Agree	Agree	Disagree	Strongly Disagree
Your intelligence is something you can't change very much.	0	1	2	3
No matter how much intelligence you have, you can always change it quite a bit.	3	2	1	0
Only a few people will be truly good at sports, you must be born with the ability.	0	1	2	3
The harder you work at something, the better you will be.	3	2	1	0
You often get angry when you receive feedback about your performance.	0	1	2	3
You appreciate when people, parents, coaches, or teachers give you feedback about your performance.	3	2	1	0
Truly smart people do not need to try hard.	0	1	2	3
You can always change how intelligent you are.	3	2	1	0
You are a certain kind of person and there is not much that can be done to really change that.	0	1	2	3
An important reason why you do work is that you enjoy learning new things.	3	2	1	0

SCORE CHART

- 22 – 30 = Strong growth mindset
 17 – 21 = Growth with some fixed ideas
 11 – 16 = Fixed with some growth ideas
 00 – 10 = Strong fixed mindset

MY SCORE:

MY MINDSET:

Adapted from: Dweck, C. S. (2006). Mindset: The new psychology of success. New York: Random House Inc.