

## Mindset Quiz

To what extent do you agree or disagree with these statements:

**Strongly Agree**

**Agree**

**Disagree**

**Strongly Disagree**

1. Your intelligence is something very basic about you that you can't change very much. \_\_\_\_\_
2. No matter how much intelligence you have, you can always change it quite a bit. \_\_\_\_\_
3. You can always substantially change how intelligent you are. \_\_\_\_\_
4. You are a certain kind of person, and there is not much that can be done to really change that. \_\_\_\_\_
5. You can always change basic things about the kind of person you are. \_\_\_\_\_
6. Music talent can be learned by anyone. \_\_\_\_\_
7. Only a few people will be truly good at sports – you have to be “born with it.” \_\_\_\_\_
8. Math is much easier to learn if you are male or maybe come from a culture who values math. \_\_\_\_\_
9. The harder you work at something, the better you will be at it. \_\_\_\_\_
10. No matter what kind of person you are, you can always change substantially. \_\_\_\_\_
11. Trying new things is stressful for me and I avoid it. \_\_\_\_\_
12. Some people are good and kind, and some are not – it's not often that people change. \_\_\_\_\_
13. I appreciate when people, parents, coaches, teachers give me feedback about my performance. \_\_\_\_\_
14. I often get angry when I get feed back about my performance. \_\_\_\_\_
15. All human beings without a brain injury or birth defect are capable of the same amount of learning. \_\_\_\_\_
16. You can learn new things, but you can't really change how intelligent you are. \_\_\_\_\_
17. You can do things differently, but the important parts of who you are can't really be changed. \_\_\_\_\_
18. Human beings are basically good, but sometimes make terrible decisions. \_\_\_\_\_
19. An important reason why I do my school work is that I like to learn new things. \_\_\_\_\_
20. Truly smart people do not need to try hard. \_\_\_\_\_

## Key

1. ability mindset – fixed
2. ability mindset – growth
3. ability mindset – growth
4. *personality/character mindset - fixed*
5. *personality/character mindset – growth*
6. ability mindset – growth
7. ability mindset – fixed
8. ability mindset – fixed
9. ability mindset – growth
10. *personality/character mindset - growth*
11. ability mindset – fixed
12. *personality/character mindset – fixed*
13. ability mindset – growth
14. ability mindset – fixed
15. ability mindset – growth
16. ability mindset – fixed
17. *personality/character mindset – fixed*
18. *personality/character mindset – growth*
19. ability mindset – growth
20. ability mindset - fixed

## Scoring

### Growth Questions

1. Strongly agree – 3 points
2. Agree – 2 points
3. Disagree – 1 points
4. Strongly disagree – 0 point

### Fixed Questions

1. Strongly agree – 0 point
2. Agree – 1 points
3. Disagree – 2 points
4. Strongly disagree – 3 points

Strong Growth Mindset =	60-45 points
Growth Mindset with some Fixed ideas =	44-34 points
Fixed Mindset with some Growth ideas=	33-21 points
Strong Fixed Mindset=	20-0 points

Adapted from:

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

