

Mindset Quiz

Instructions:

- Circle the number for each question which best describes how much you agree or disagree with the statement.
- Total and record your score when you have completed each of the 10 questions
- Using the score chart, record your mindset

	Strongly Agree	Agree	Disagree	Strongly Disagree
My intelligence is something very basic about me that I can not change very much.	0	1	2	3
No matter how much intelligence I have, I can always change it quite a bit.	3	2	1	0
Only a few people will be truly good at sports, you have to be born with the ability.	0	1	2	3
The harder I work at something, the better I will be.	3	2	1	0
I often get angry when I get feedback about my performance.	0	1	2	3
I appreciate when people, parents, coaches, and teachers give me feedback about my performance.	3	2	1	0
Naturally smart people do not need to try hard.	0	1	2	3
I can always change how intelligent I am.	3	2	1	0
I am 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 I complete my tasks is that I enjoy learning new things.	3	2	1	0

Adapted from: Dweck, C.S. (2006). Mindset: The New Psychology of Success. New York: Random House Inc.



Mindset Score Chart

My Score: _____

Score Chart:

22 - 30 = Strong Growth Mindset

17 - 21 = Growth Mindset with some Fixed ideas

11 - 16 = Fixed Mindset with some Growth ideas

0 - 10 = Strong Fixed Mindset

My Current Mindset: _____

Adapted from: Dweck, C.S. (2006). Mindset: The New Psychology of Success. New York: Random House Inc.

