



# Mindset Quiz

|  | Strongly Agree | Agree | Disagree | Strongly Disagree |
|--|----------------|-------|----------|-------------------|
| 1. Your intelligence is something basic about you that you can't change very much                      |                |       |          |                   |
| 2. No matter how much intelligence you have, you can always change 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 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 be good at sports – you have to be “born with it”.                  |                |       |          |                   |
| 8. Math is easier to learn if you are male or maybe come from a culture that 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 parents, coaches, teachers, give me feedback about my performance                |                |       |          |                   |
| 14. I often get angry when I get feedback about my performance.  |                |       |          |                   |
| 15. All human beings without brain injury or birth defects 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.  |                |       |          |                   |

Circle the number in the box that matched each answer

|  | Strongly Agree | Agree | Disagree | Strongly Disagree |
|--|----------------|-------|----------|-------------------|
| 1. Ability mindset – fixed                 | 0              | 1     | 2        | 3                 |
| 2. Ability mindset – Growth                | 3              | 2     | 1        | 0                 |
| 3. Ability mindset – Growth                | 3              | 2     | 1        | 0                 |
| 4. Personality/character mindset - fixed   | 0              | 1     | 2        | 3                 |
| 5. Personality/character mindset – Growth  | 3              | 2     | 1        | 0                 |
| 6. Ability mindset – growth                | 3              | 2     | 1        | 0                 |
| 7. Ability mindset – Fixed                 | 0              | 1     | 2        | 3                 |
| 8. Ability mindset – fixed                 | 0              | 1     | 2        | 3                 |
| 9. Ability mindset – growth                | 3              | 2     | 1        | 0                 |
| 10. Personality/character mindset – growth | 3              | 2     | 1        | 0                 |
| 11. Ability mindset – fixed                | 0              | 1     | 2        | 3                 |
| 12. Personality/character mindset – fixed  | 0              | 1     | 2        | 3                 |
| 13. Ability mindset – growth               | 3              | 2     | 1        | 0                 |
| 14. Ability mindset – fixed                | 0              | 1     | 2        | 3                 |
| 15. Ability mindset – growth               | 3              | 2     | 1        | 0                 |
| 16. Ability mindset – fixed                | 0              | 1     | 2        | 3                 |
| 17. Personality/character mindset – fixed  | 0              | 1     | 2        | 3                 |
| 18. Personality/character mindset – growth | 3              | 2     | 1        | 0                 |
| 19. Ability mindset – growth               | 3              | 2     | 1        | 0                 |
| 20. Ability mindset – fixed                | 0              | 1     | 2        | 3                 |
| TOTAL                                      |                |       |          |                   |
| GRAND TOTAL                                |                |       |          |                   |

Strong growth mindset = 45-60 points

Growth mindset with some fixed ideas = 34-44 points

Fixed mindset with some growth ideas = 21-33 points

Strong fixed mindset = 0-20 points

Adapted from: <http://www.classroom20.com/forum/topics/motivating-students-with>