

Mindset Quiz

1. Circle the number for each question which best describes you
2. Total and record your score when you have completed each of the 10 questions
3. Using the score chart below the table, record your mindset

	Strongly Agree	Agree	Disagree	Strongly Disagree
Your intelligence is something very basic about you that 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 have to be born with the ability	0	1	2	3
The harder you work at something, the better you 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 or teachers give me feedback about my 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 I do my schoolwork is that I enjoy learning new things	3	2	1	0

Score Chart	My score
22 – 30 = Strong Growth Mindset 17 – 21 = Growth with some Fixed ideas 11 – 16 = Fixed with some Growth ideas 0 – 10 = Strong Fixed Mindset	