

Mindset Quiz

Please circle the extent to which you agree with each of the following statements, then calculate your score based on the instructions at the bottom.

1. Your intelligence is something very basic about you that you can't change very much.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

2. No matter how much intelligence you have, you can always change it quite a bit.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

3. You can always substantially change how intelligent you are.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

4. You are a certain kind of person, and there is not much that can be done to really change that.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

5. You can always change basic things about the kind of person you are.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

6. Music talent can be learned by anyone.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

7. Only a few people will be truly good at sports—you have to be “born with it.”

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

8. Math is much easier to learn if you are male or come from a culture that values math.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

9. The harder you work at something, the better you will be at it.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

10. No matter what kind of person you are, you can always change substantially.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

11. Trying new things is stressful for me and I avoid it.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

12. Some people are good and kind, and some are not; it's not often that people change.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

13. I appreciate when people, colleagues, and bosses give me feedback about my performance.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

14. I often get angry when I get feedback about my performance.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

15. All human beings without a brain injury or birth defect are capable of the same amount of learning.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

16. You can learn new things, but you can't really change how intelligent you are.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

17. You can do things differently, but the important parts of who you are can't really be changed.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

18. Human beings are basically good, but sometimes they make terrible decisions.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

19. An important reason why I do my job is that I like to learn new things.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

20. Truly smart people do not need to try hard.

Strongly Agree **Agree** **Disagree** **Strongly Disagree**

Answer Key

Determine whether each statement relates to a fixed or growth mindset, and assign scores to each of your answers based on the scoring rubric. (For example, by checking the list below, we can see that the first statement is a fixed-mindset statement that explores your attitude toward ability. According to the scoring rubric, if you strongly agreed with the statement, your score is 0. If you strongly disagreed, your score is 3. The inverse is true for growth-mindset statements.)

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 Rubric

Growth Questions

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

Fixed Questions

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

Totals

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 Motivating Students with Mindset Coaching and How Brains Work [Blog post], Classroom 2.0 (2008). Retrieved from <http://www.classroom20.com/forum/topics/motivating-students-with>

