Mindset Quiz

Directions: Circle the number for each question that best describes you.

	Strongly Agree	Agree	Disagree	Strongly Disagree
You can't change how smart you are.	0	1	2	3
You can always change how smart you are.	3	2	1	0
Only a few people are 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 get mad when someone gives me negative feedback.	0	1	2	3
I appreciate when people, parents, coaches, or teachers give me feedback.	3	2	1	0
Smart people don't need to try hard.	0	1	2	3
You can always change how intelligent you are.	3	2	1	0
There's not much that can be done to change who you are.	0	1	2	3
I do my schoolwork because I like learning new things.	3	2	1	0

SCORE CHART

22-30 = Strong Growth Mindset

17-21 = Growth with some Fixed ideas

11-16 = Fixed with some growth ideas

0-10 = Strong fixed mindset