

## Mindset Quiz

Adapted from: Dweck, C. S. (2006). *Mindset: The new psychology of success*. New York: Random House Inc.

To what extent do you agree or disagree with these statements? Response: Strongly Agree; Agree; Disagree; Strongly Disagree

1. Your intelligence is something very basic about you that you can't change very much.  
\_\_\_\_\_
2. No matter how much intelligence you have, you can always change it 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 really 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 good at sports – you have to be “born with it.”  
\_\_\_\_\_
8. Math is much easier to learn if you are male or maybe come from a culture who 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 people, parents, coaches, teachers give me feedback about my performance. \_\_\_\_\_
14. I often get angry when I get feed back about my performance. \_\_\_\_\_

15. All human beings without a brain injury or birth defect 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. \_\_\_\_\_

### Question Category:

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

#### Growth Questions

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

#### Fixed Questions

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

### Interpretation

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

