**MINDSET QUESTIONNAIRE**

1. Intelligence is something people are born with that can’t be changed.

Strongly Agree Agree Disagree Strongly Disagree

1. No matter how intelligent you are, you can always be more intelligent.

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

1. Musical talent can be learned by anyone

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

1. Some people are good and kind, and some are not – it’s not often that people change.

Strongly Agree Agree Disagree Strongly Disagree

1. I appreciate when people, parents, coaches, teachers give me feedback about my performance.

Strongly Agree Agree Disagree Strongly Disagree

1. I often get angry when I get negative feedback about my performance.

Strongly Agree Agree Disagree Strongly Disagree

1. All human beings are capable of learning.

Strongly Agree Agree Disagree Strongly Disagree

1. You can learn new things, but you can’t really change how intelligent you are.

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

1. An important reason why I do my school work is that I like to learn new things.

Strongly Agree Agree Disagree Strongly Disagree

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

Strongly Agree Agree Disagree Strongly Disagree

**SCORING: Use the rules below to score your quiz. No right or wrong answers here!**

* **For questions 1, 4, 7, 8, 11, 12, 14, 16, 17 and 20:**
  + Strongly agree – 0 points
  + Agree – 1 points
  + Disagree – 2 points
  + Strongly disagree – 3 points
* **For questions 2, 3, 5, 6, 9, 10, 11, 13, 15, 18 and 19:**
  + Strongly agree – 3 points
  + Agree – 2 points
  + Disagree – 1 points
  + Strongly disagree – 0 points

FINAL TOTAL = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 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