

# Mindset Quiz

## What kind of mindset do you have?

Directions: For each question, mark the box next to how you feel about the statement.

1. You can't change your intelligence very much.

Strongly Agree     Agree     Disagree     Strongly Disagree

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

Strongly Agree     Agree     Disagree     Strongly Disagree

3. Any one can become a musician or get into the music business.

Strongly Agree     Agree     Disagree     Strongly Disagree

4. Only a few people will be truly good at sports-- you have to be "born with it."

Strongly Agree     Agree     Disagree     Strongly Disagree

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

Strongly Agree     Agree     Disagree     Strongly Disagree

6. No matter what kind of person you are, you can always change yourself.

Strongly Agree     Agree     Disagree     Strongly Disagree

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

Strongly Agree     Agree     Disagree     Strongly Disagree

8. Some people are good and kind, and some are not-- people don't usually change.

Strongly Agree     Agree     Disagree     Strongly Disagree

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9. I appreciate when other people give me ideas about ways I can improve.

Strongly Agree     Agree     Disagree     Strongly Disagree

10. All people, unless they have a brain injury or birth deformity, are capable of the same amount of learning.

Strongly Agree     Agree     Disagree     Strongly Disagree

11. People are basically good, but sometimes make terrible decisions.

Strongly Agree     Agree     Disagree     Strongly Disagree

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

Strongly Agree     Agree     Disagree     Strongly Disagree

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

Strongly Agree     Agree     Disagree     Strongly Disagree

14. An important reason why kids should do their school work is so they can learn new things.

Strongly Agree     Agree     Disagree     Strongly Disagree

15. People who are very smart do not need to try hard.

Strongly Agree     Agree     Disagree     Strongly Disagree

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Growth Questions (questions that support a growth mindset): 2, 3, 6, 9, 10, 11, 14

1. Strongly Agree - 3 points
2. Agree - 2 points
3. Disagree - 1 point
4. Strongly Disagree - 0 point

Fixed Questions (questions that support a fixed mindset): 1, 4, 5, 7, 8, 12, 13, 15

1. Strongly Agree - 0 point
2. Agree - 1 point
3. Disagree - 2 points
4. Strongly Disagree - 3 points

Strong Growth Mindset: **45-33 points**

Growth Mindset with some Fixed Ideas: **32-24 points**

Fixed Mindset with some Growth Ideas: **23-15 points**

Strong Fixed Mindset: **14-0 points**

Adapted from:

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