

Mindset Quiz

Complete the quiz for how you believe your child would answer the question.

To what extent do you agree or disagree with these statements:

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. _____

Key

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

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:

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

