

MINDSET QUIZ & SCORING SHEET

Please read each statement carefully and then indicate the extent to which you agree or disagree, and then give yourself the corresponding point value.

Question	Strongly Agree	Agree	Mostly Agree	Mostly Disagree	Disagree	Strongly Disagree	My Score
You have a certain amount of intelligence, and you can't really do much to change it	0	1	2	3	4	5	
Your intelligence is something about you that you can't change very much	0	1	2	3	4	5	
No matter who you are, you can significantly change your intelligence level	5	4	3	2	1	0	
To be honest, you can't really change how intelligent you are	0	1	2	3	4	5	
You can always substantially change how intelligent you are	5	4	3	2	1	0	
You can learn new things, but you can't really change your basic intelligence	0	1	2	3	4	5	
No matter how much intelligence you have, you can always change it quite a bit	5	4	3	2	1	0	
You can change even your basic intelligence level considerably	5	4	3	2	1	0	
You have a certain amount of talent, and you can't really do much to change it	0	1	2	3	4	5	
Your talent in an area is something about you that you can't change very much	0	1	2	3	4	5	
No matter who you are, you can significantly change your level of talent	5	4	3	2	1	0	
To be honest, you can't really change how much talent you have	0	1	2	3	4	5	
You can always substantially change how much talent you have	5	4	3	2	1	0	
You can learn new things, but you can't really change your basic level of talent	0	1	2	3	4	5	
No matter how much talent you have, you can always change it quite a bit	5	4	3	2	1	0	
You can change even your basic level of talent considerably	5	4	3	2	1	0	
Total Score							

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Scoring	
Categorization	Points Value
Strong Growth Mindset	61-80 points
Growth Mindset with some Fixed Ideas	41-60 points
Fixed Mindset with some Growth Ideas	21-40 points
Strong Fixed Mindset	0-20 points