

## MINDSET QUIZ

Step 1: Select the number that best describes your response to each of the 10 statements.

Step 2: Total and record your score.

Step 3: Determine and record your mindset.

### STATEMENTS:

1. Your intelligence is something you can't change very much.

- 0 = Strongly agree
- 1 = Agree
- 2 = Disagree
- 3 = Strongly disagree

**Your number:**

2. No matter how much intelligence you have, you can always change it quite a bit.

- 3 = Strongly agree
- 2 = Agree
- 1 = Disagree
- 0 = Strongly disagree

**Your number:**

3. Only a few people will be truly good at sports, you must be born with the ability.

- 0 = Strongly agree
- 1 = Agree
- 2 = Disagree
- 3 = Strongly disagree

**Your number:**

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Module 3: Growing Self-Confident Children Through Goal Setting and Growth Mindset

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

- 3 = Strongly agree
- 2 = Agree
- 1 = Disagree
- 0 = Strongly disagree

**Your number:**

5. You often get angry when you receive feedback about your performance.

- 0 = Strongly agree
- 1 = Agree
- 2 = Disagree
- 3 = Strongly disagree

**Your number:**

6. You appreciate when people, parents, coaches, or teachers give you feedback about your performance.

- 3 = Strongly agree
- 2 = Agree
- 1 = Disagree
- 0 = Strongly disagree

**Your number:**

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

- 0 = Strongly agree
- 1 = Agree
- 2 = Disagree
- 3 = Strongly disagree

**Your number:**

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8. You can always change how intelligent you are.

- 3 = Strongly agree
- 2 = Agree
- 1 = Disagree
- 0 = Strongly disagree

**Your number:**

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

- 0 = Strongly agree
- 1 = Agree
- 2 = Disagree
- 3 = Strongly disagree

**Your number:**

10. An important reason why you do work is that you enjoy learning new things.

- 3 = Strongly agree
- 2 = Agree
- 1 = Disagree
- 0 = Strongly disagree

**Your number:**

**YOUR TOTAL SCORE:**

**SCORE CHART:**

- 22 – 30 = Strong growth mindset
- 17 – 21 = Growth with some fixed ideas
- 11 – 16 = Fixed with some growth ideas
- 00 – 10 = Strong fixed mindset

**YOUR MINDSET:**

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