

Mindset Quiz

- Tick the number for each statement which best describes you
- Total and record your score when you have completed each of the 10 statements

Question	Strongly Agree	Agree	Disagree	Strongly Disagree
1. Your intelligence is something very basic about you that you can't change very much	0	1	2	3
2. No matter how much intelligence you have, you can always change it quite a bit	3	2	1	0
3. Only a few people will be truly good at sports, you have to be born with the ability	0	1	2	3
4. The harder you work at something, the better you will be	3	2	1	0
5. I often get angry when I get feedback about my performance	0	1	2	3
6. I appreciate when people, parents, coaches or tutors give me feedback about my performance	3	2	1	0
7. Truly smart people do not need to try hard	0	1	2	3
8. You can always change how intelligent you are	3	2	1	0
9. You are a certain kind of person and there is not much that can be done to really change that	0	1	2	3
10. An important reason why I do my university work is that I enjoy learning new things	3	2	1	0
TOTAL				

Scoring:

0 – 10 = Strong Fixed Mindset

17 – 21 = Growth with some Fixed ideas

11 – 16 = Fixed with some Growth ideas

22 – 30 = Strong Growth Mindset